# CLASS SCHEDULE

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| **Tiny Champions**<br>30 minutes, age 3-4 | 5:15 PM | 5:15 PM | 5:15 PM | 5:15 PM | | |
| **Little Champions**<br>30 minutes, age 4-7, Black Belt Training +15 min | 5:45 PM | 5:45 PM | 5:45 PM | 5:45 PM | | |
| **Kids Martial Arts**<br>45 minutes, age 8-12, Black Belt Training +15 min | 6:30 PM | 6:30 PM | 6:30 PM | 6:30 PM | | |
| **Teens / Adults**<br>1 hour, age 12+, Black Belt Training +30 min | 7:30 PM | 7:30 PM | 7:30 PM | 7:30 PM | | |
| **Premier Training**<br>Level One: 30 min, Level 2: 45 min | | | | | | |

**Arrive 5 minutes prior to scheduled class.**

Quietly prepare for class, not disturbing the class in session.

**Martial Arts begins and ends with maximum courtesy and respect.**

Parents please maintain a quiet tone when a class is in session and please restrain from correcting your child. We do not want to disrupt the student on where they should be focused.

**Seminars Offered Monthly**

Parent's Night Out,
Birthday Parties,
Kid Safe Anti-Abduction,
Bully Proof, ABC's of Success,
Goal Setting, and more!

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