



# CLASS SCHEDULE



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