



CLASS SCHEDULE

WEST ARLINGTON



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tiny Champions 30 minutes, age 3-4	3:20-3:50 PM			3:20-3:50 PM	INSTRUCTOR TRAINING, DEMO TEAM PRACTICE AND PARENTS NIGHT OUT	ADDED CLASSES, BIRTHDAY PARTIES AND OTHER EVENTS
Little Champions 30 minutes, age 5-7, Black Belt Training + 15 min	4:00-4:30 PM 6:00-6:30 PM	4:00-4:30 PM 5:45-6:15 PM	4:00-4:30 PM 6:00-6:30 PM	4:00-4:30 PM 5:45-6:15 PM		
Kids Martial Arts 45 minutes, age 8-12, Black Belt Training + 15 min	4:45-5:30 PM 6:45-7:30 PM	4:45-5:30 PM 6:45-7:30 PM	4:45-5:30 PM 6:45-7:30 PM	4:45-5:30 PM 6:45-7:30 PM		
Teens 45 minutes, age 13-16, Black Belt Training + 15 min	7:45-8:30 PM		7:45-8:30 PM			
Adults 1 hour, age 17+, Black Belt Training + 30 min		7:45-8:30 PM		7:45-8:30 PM		

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.

Quietly prepare for class, not disrupting the students in session.

Seminars Offered Monthly

Parents Night Out
 Birthday Parties
 Kid Safe Anti-Abduction
 Bully Proof, ABC's of Success, Goal Setting & More!

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