



STUDENT CLASS SCHEDULE

Effective August 26, 2024

AGES 3.5-6

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Champions 3.5-6 years old	4:45- 5:15p	4:00- 4:30p	4:45- 5:15p	4:00- 4:30p		10:00- 10:30a	

AGES 7-11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Youth White Belts	5:15-5:45	5:15-5:45	5:15-5:45	5:15-5:45			
Youth Yellow & Orange	4:00- 4:45p	5:45- 6:30p	4:00-4:45p	5:45- 6:30p		10:35a- 11:20a	12:20-1:00p
Youth Orange & up	5:45- 6:30p	4:30- 5:15p	5:45- 6:30p	4:30- 5:15p		11:25a- 12:10p	12:20- 1:00p

AGES 12+

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Teen Age 12 and up	6:30- 7:15p	6:30- 7:15p	6:30- 7:15p	6:30-7:15p		9:00- 9:45a Teen/Adult	11:30a- 12:15p Teen/Adult
Adult Age 15 and up		7:15- 8:00p		7:15- 8:00p		9:00- 9:45a Teen/Adult	11:30a- 12:15p Teen/Adult

ADDITIONAL CLASSES (Attending Sparring, Leadership, and/or Demo requires a 2-class per week membership)

	Monday	Tuesday	Wed	Thursday	Friday	Saturday	Sunday
Sparring Orange Belt & up		8:00- 8:45p			7:00- 7:45p	12:15- 1:00p	
Leadership Invite Only	BB Staff 8:00-8:45p				Leadership 4:30-5:15p		
Extras		Filipino MA 6:30 - 7:15p		Demo (invite only) 8:00- 9:00p	Demo (invite only) 5:15-6:00p	Fitness 8:00- 8:45a	Fitness 10:00- 11:00a

BLACK BELTS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BB Experience Brown/Black Belt					Prep 6:00 – 6:45p	Endurance 8:00am	
Black Belt Student & Hnrs Black	St. & Honors 7:15- 8:00		St. & Honors 7:15- 8:00		Sparring 7:00 – 8:30p		

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