



Winter 2012

Belt Rank	Mon	Tues	Wed	Thurs	Fri	Sat
Children's Classes by Belt Rank (45 minute classes)						
White Belt	4:15	3:30	3:30	4:15	3:30	9:00
Orange Belt	4:15	3:30	3:30	4:15	3:30	9:00
Yellow Belt	4:15	3:30	3:30	4:15	3:30	9:00
Gold Belt	3:30	4:15	4:15	3:30	3:30	10:30
Green Belt	3:30	4:15	4:15	3:30	3:30	10:30
Purple Belt	3:30	4:15	4:15	3:30	3:30	10:30
Blue Belt	3:30	4:15	4:15	3:30	4:15	10:30
Brown Belt	3:30	4:15	4:15	3:30	4:15	10:30
Red Belt	3:30	4:15	4:15	3:30	4:15	10:30
Jr. Black Belt	5:00	5:45	5:00	5:45	4:15	10:30
Youth All	5:00	5:00	5:00	5:00		
Family and Adult Classes						
FAMILY	5:45		5:45			9:45
ADULT			9:30			
13 yrs & older	6:30	6:30	6:30	6:30		11:15
Aikido	7:30 _(cardio)		7:30	7:30	7:30	10 Sun

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Youth classes ages 10-14
 Adult classes – 13 years and older