



2020

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	9:00
Green Belt	3:30	4:15	4:15	3:30	3:30	9:00
Purple Belt	3:30	4:15	4:15	3:30	3:30	9:00
Blue Belt	3:30	4:15	4:15	3:30	4:15	9:00
Brown Belt	3:30	4:15	4:15	3:30	4:15	9:00
Red Belt	3:30	4:15	4:15	3:30	4:15	9:00
Youth All Belts 8-13	5:00	5:00	5:00	5:00		
Jr. Black Belt AND ADULT	5:45	5:45	5:45	5:45	4:15	9:45
Family and Adult Classes						
FAMILY						
ADULT	10:15 am cardio		9:30 am			
13 years & older	5:45	5:45	5:45	5:45		9:45
	6:30		6:30 (adv)		6:30	
Aikido			7:30	7:30	10 Sun	

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Youth classes ages 8-13
Adult classes – 13 years and older