



FAMILY MARTIAL ARTS CENTER

CLASS SCHEDULE

Little Dragons

(ages 3-6 yrs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginners White to Orange Belts	1:00 - 1:30 3:00 - 3:30	--	1:00 - 1:30 3:00 - 3:30	--	1:00 - 1:30 3:00 - 3:30	--
Advanced Orange/Yellow Stripe to Green/Blue Stripe	3:30 - 4:15	2:45 - 3:30	3:30 - 4:15	2:45 - 3:30	3:30 - 4:15	--

Juniors

(ages 7-11 yrs)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	--	3:30 - 4:20	--	3:30 - 4:20	--	--
Beginner & Intermediate	4:30 - 5:20	5:30 - 6:20	4:30 - 5:20	5:30 - 6:20	4:30 - 5:20	--
Intermediate & Advanced	5:30 - 6:20	4:30 - 5:20	5:30 - 6:20	4:30 - 5:20	--	--

Family

(ages 7 and up)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
All Belts	6:30 - 7:20	1:00 - 1:50 6:30 - 7:20	6:30 - 7:20	1:15 - 2:05	--	--
Beginner & Intermediate	--	--	--	--	--	10:00 - 10:50
Intermediate & Advanced	--	--	--	--	--	11:00 - 11:50
Sparring	--	--	--	6:30 - 7:20	5:30 - 6:20	--
All Belts Patterns	--	--	--	--	6:30 - 7:20	--
Deputy Belts	--	--	--	--	--	9:00 - 9:50
Black Belts	--	--	--	--	--	12:00 - 12:50 (PM)*

Specialty Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cardio Kickboxing	7:30 - 8:20(PM)	--	7:30 - 8:20(PM)	--	--	8:00-8:50(AM*)
Boot Camp Kickboxing	--	8:30-9:20(AM)	--	8:30-9:20(AM)	--	8:00-8:50(AM*)
Mat Pilates	9:00-9:50(AM)	--	9:00-9:50(AM)	--	--	--
Demo Team	--	--	--	7:30 - 8:20(PM)	--	--

*Cardio Kickboxing & Boot Camp Kickboxing alternate every other Saturday Morning ! See your instructor for details.

*Black Belt class is once a month on the first Saturday of each month.