

NEW CLASS SCHEDULE EFFECTIVE 8/3/09

CLASS	MONDAY <i>Forms & Combinations (Uniform Day)</i>	TUESDAY <i>Forms & Combinations (Uniform Day)</i>	WEDNESDAY <i>Self-Defense & Sparring (T-shirt Day)</i>	THURSDAY <i>Self-Defense & Sparring (T-shirt Day)</i>	FRIDAY <i>Forms & Sparring (Uniform Day)</i>	SATURDAY <i>Variety (T-shirt Day)</i>
Little Dragons/ Mighty Ninjas	6:20p - 6:50p	6:40p - 7:10p	6:20p - 6:50p	6:40p - 7:10p	6:20p - 6:50p	11:00a - 11:30p
Training Class	6:50p - 7:30p	7:10p - 7:50p	6:50p - 7:30p	7:10p - 7:50p	5:00p - 5:40p	10:20a - 11:00a
Phase I	6:50p - 7:30p	7:10p - 7:50p	6:50p - 7:30p	7:10p - 7:50p	5:00p - 5:40p	10:20a - 11:00a
Phase II	5:40p - 6:20p	5:00p - 5:40p 7:50p - 8:30p	5:40p - 6:20p	5:00p - 5:40p 7:50p - 8:30p	5:40p - 6:20p	11:30p - 12:10p
Phase III	5:40p - 6:20p	6:00p - 6:40p 7:50p - 8:30p	5:40p - 6:20p	6:00p - 6:40p 7:50p - 8:30p	5:40p - 6:20p	11:30p - 12:10p <i>(B.B. Candidates)</i>
Black Belts Only	7:50p - 8:30p		7:50p - 8:30p			12:10pm
<i>Weapons & Kicknastics</i>	5:10p - 5:40p		5:10p - 5:40p			Competition Team
	7:30p - 7:50p <i>KICKNASTICS ONLY</i>	5:40p - 6:00p	7:30p - 7:50p	5:40p - 6:00p <i>WEAPONS ONLY</i>		
Cardio/Bootcamp 18yrs & up	8:30p - 9:10p		8:30p - 9:10p			10:20a - 11:00a

LEGEND:

Little Dragons/Mighty Ninjas: Ages 4 - 6 Phase1/White - Orange belt, Phase2/Green - Blue belt, Phase3/Red - Sr. Brown belt Ages: 7 & up

STUDENT REQUIREMENTS:

- 1. On forms and combinations training days, student must wear complete phase uniform. On self-defense and sparring days, student is allowed to train with a school t-shirt and BBC sparring uniform. Student will be asked to do push-ups as a reminder of this rule when not followed.*
- 2. On sparring days, student must line up with sparring gear. (foot gear on and hand gear strapped on belt) Student will not be allowed to spar without safety equipment. Student will ONLY be allowed to borrow missing gear if purchased equipment is not in stock.*
- 2. Be punctual to class! Student will be asked to do push-ups when late. ("know as discipline form")*
- 3. Come presentable and organized to each training session. Example: Sharp and clean uniform, belt properly tied, T-shirts tucked in, sparring equipment in adequate shape for safety, and proper hygiene. Student may not be allowed to take class under instructors discretion.*

COMPETITION TEAM TRAINING: 12:10pm JOIN THE FUN! (GOLD BELT OR HIGHER) Speak with instructor!:

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