

CLASS SCHEDULE

email: info@blackbeltforlife.com website: www.blackbeltforlife.com social sites: www.youtube.com/bbfls www.facebook.com/blackbeltforlife

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Forms Days (Uniform Days)		Sparring & Self Defense Days students must line up with gear (School T-shirt Days)		BBC DAY Weapons & XMA (T-shirt Day)	Variety Day (Uniform Days)
Little Dragons/ Mighty Ninjas (Ages 4-6)	4:00p - 4:30p 6:20p - 6:50p	4:00p - 4:30p 6:20p - 6:50p	4:00p - 4:30p 6:20p - 6:50p	4:00p - 4:30p 6:20p - 6:50p	4:00p - 4:30p regular class	Black Belts ONLY 9:20a - 10:00a
KIDS (Ages 7-9) ALL PHASES	4:30p - 5:10p 6:50p - 7:30p	4:30p - 5:10p 6:50p - 7:30p	4:30p - 5:10p 6:50p - 7:30p	4:30p - 5:10p 6:50p - 7:30p	4:30p - 5:30p <small>Black Belt Club memebtrs only upgrade to receive these bonus classes</small>	ALL RANKS 7-14yrs 10:00a- 10:40a
KIDS (Ages 10-14) ALL PHASES	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:30p - 6:30p <small>Black Belt Club memebtrs only upgrade to receive these bonus classes</small>	TEENS/ADULTS 15 & UP 10:40a - 11:20a
TEENS/ADULTS 15 & Up ALL PHASES	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:30p - 6:30p <small>Black Belt Club memebtrs only upgrade to receive these bonus classes</small>	Competition Team 11:30a - 12:30p
BLACK BELTS	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p 7:30p - 8:10p		
OTHER SERVICES	PRIVATE CLASSES CONSULT INSTRUCTOR FOR APPOINTMENT		FAMILY DISCOUNTS 25%OFF 2ND MEM./50% OFF 3RD MEM.		BIRTHDAY PARTIES BETWEEN 2:00P - 6:00P SAT. & SUN.	
	AFTER SCHOOL PROGRAM FREE Pick up to participating schools, daily class, homework time, 2pm - 6:30 pm		X-TREME BOOTCAMP FITNESS \$70p/month unlimited classes		SUMMER & SPRING CAMPS	

ATENCION-NUEVO HORARIO-EFECTIVO LUNES, FEBRERO 17
NEW SCHEDULE--NUEVO HORARIO



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