

# MARTIAL ARTS CLASS SCHEDULE

email: [bbfls@blackbeltforlife.com](mailto:bbfls@blackbeltforlife.com) website: [www.blackbeltforlife.com](http://www.blackbeltforlife.com) social sites: [www.youtube.com/bbfls](http://www.youtube.com/bbfls) [www.facebook.com/blackbeltforlife](http://www.facebook.com/blackbeltforlife)

CLASS	MONDAY <i>Forms &amp; Combinations (Uniform Day)</i>	TUESDAY <i>Forms &amp; Combinations (Uniform Day)</i>	WEDNESDAY <i>Sparring &amp; Self-Defense (T-shirt Day)</i>	THURSDAY <i>Sparring &amp; Self-Defense (T-shirt Day)</i>	FRIDAY <i>Forms &amp; Black Belt Club Day (T-shirt Day)</i>	SATURDAY <i>Forms &amp; Combinations (Uniform Day)</i>
<b>Little Dragons/ Mighty Ninjas</b> (Ages 4-6)	3:30p - 4:00p 6:20p - 6:50p	3:30p - 4:00p 6:20p - 6:50p	3:30p - 4:00p 6:20p - 6:50p	3:30p - 4:00p 6:20p - 6:50p	3:30p - 4:00p	10:40a - 11:10a
<b>Phase I</b> (BEGINNERS) (White/Gold/Orange)	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 - 5:10p (BBC Phase 1) WEAPONS/KICKNASTICS	10:00a - 10:40a
<b>Phase II</b> (INTERMEDIATE) (Green/Purple/Blue)	5:10p - 5:50p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p (BBC Phase 2/3) WEAPONS/KICKNASTICS	11:10a - 11:50a
<b>Phase III</b> (ADVANCED) (Red - Black)	5:10p - 5:50p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p	5:10p - 5:50p 7:30p - 8:10p	5:10p - 5:50p (BBC Phase 2/3) WEAPONS/KICKNASTICS	11:10a - 11:50a
<b>BLACK BELTS</b>	7:30p - 8:10p (TKD & HMD)		7:30p - 8:10p (TKD & KICKBOXING)		6:00p - 6:40p (TKD & SWORD)	<b>12:00 - 1:00p</b> <i>Competition Team</i>
<b>OTHER SERVICES</b>	<b>PRIVATE CLASSES</b> CONSULT INSTRUCTOR FOR APPOINTMENT		<b>FAMILY DISCOUNTS</b> 25%OFF 2ND MEM./50% OFF 3RD MEM.		<b>BIRTHDAY PARTIES</b> BETWEEN 2:00P - 6:00P SAT. & SUN.	
	<b>AFTER SCHOOL PROGRAM</b> FREE Pick up to participating schools, daily class, homework time, 2pm - 6:30 pm		<b>X-TREME BOOTCAMP FITNESS</b> SEE SCHEDULE ON THE BACK		<b>SUMMER &amp; SPRING CAMPS</b>	

**IMPORTANT INFORMATION:**

1. On sparring & self defense days, students must line up with sparring gear.
2. Fridays is Black Belt Club Day. Students enrolled in our Black Belt Club Program will train weapons and X-treme karate (XMA) on fridays during class. Consult with your instructor to upgrade if you wish to learn weapons and X-treme karate (XMA).

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