ADULT CLASS SCHEDULE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		SATURDAY
7:00 - 8:15 PM		7:00 - 7:45 PM		7:00 to 8:15 PM		6:15 - 7:00 PM		NOON - 12:45 PM
ADULT AND INTERMEDIATES All Belts NEW BEGINNERS White Belts w Stripes		GROUP B ADULT AND INTERMEDIATES All Brown Belts and Above and All Level Black Belts 7:45 to 8:30 PM	ADULT AND INTERMEDIATES All Belts NEW BEGINNERS White Belts w Stripes Purple Belts /and Stripes		GROUP A ADULT AND INTERMEDIATES White Belts w Stripes Purple Belts Purple Belts w Stripes NEW BEGINNERS		GROUP A ADULT AND INTERMEDIATES White Belts w Stripes Purple Belts w Stripes Green Belts Green Belts w Stripes NEW BEGINNERS	
Purple Belts /and Stripes Green Belts /and Stripes			Green Belts /and Stripes	7:00 to 7:45 PM	-	12:45 - 1:30 PM		
Brown Belts /and Stripes		GROUP A ADULT AND INTERMEDIATES White Belts w Stripes Purple Belts Purple Belts w Stripes Green Belts Green Belts w Stripes NEW BEGINNERS	ADULT AND ITERMEDIATES hite Belts w Stripes Purple Belts rple Belts w Stripes Green Belts een Belts w Stripes	Brown Belts /and Stripes All Level Black Belts		GROUP B ADULT AND INTERMEDIATES GREEN BELTS GREEN W STRIPES All Brown Belts and Above and All Level Black Belts		GROUP B ADULT AND INTERMEDIATES All Brown Belts and Above and All Level Black Belts
THE CHANGES: MONDAYS AND WEDNESDAYS The time has changed, now 1.25-hour classes THURSDAY (Effects all Green Belts) The Green Belts and Green Belt w Stripes								

TUESDAY AND SATURDAYS No Changes

The classes are for all belt levels

The Green Belts and Green Belt w Stripes are training with the Brown Belts and above.