

MAIN CLASS SCHEDULE

CHILDREN'S CLASS SCHEDULE

August 2025 - May 2026

MONDAY

4:30 pm - 5:20 pm

CLASS C - D - E

AGES: 7 to 9

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

5:20 pm - 6:10 pm

CLASS A - B

AGES: 4.5 to 6

White Belts
White Belts w Stripes
Orange Belts
Orange Belts w Stripes

4.5-6 NEW TRYOUTS

6:10 pm - 7:00 pm

CLASS F - G - H

AGES: 10 to 12

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

10-12 NEW TRYOUTS

TUESDAY

4:30 pm - 5:20 pm

CLASS F - G - H

AGES: 10 to 12

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

5:20 pm - 6:10 pm

CLASS C - D - E

AGES: 7 to 9

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

7-9 NEW TRYOUTS

6:10 pm - 7:00 pm

CLASS A - B

AGES: 4.5 to 6

White Belts
White Belts w Stripes
Orange Belts
Orange Belts w Stripes

4.5-6 NEW TRYOUTS

WEDNESDAY

4:30 pm - 5:20 pm

CLASS A - B

AGES: 4.5 to 6

White Belts
White Belts w Stripes
Orange Belts
Orange Belts w Stripes

5:20 pm - 6:10 pm

CLASS F - G - H

AGES: 10 to 12

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

10-12 NEW TRYOUTS

6:10 pm - 7:00 pm

CLASS C - D - E

AGES: 7 to 9

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

7-9 NEW TRYOUTS

THURSDAY

4:30 pm - 5:20 pm

CLASS F - G - H

AGES: 10 to 12

All Yellow Belts
and Above

CLASS C - D - E

AGES: 7 to 9

All Yellow Belts
and Above

5:20 pm - 6:10 pm

CLASS A - B

AGES: 4.5 to 6

White Belts
White Belts w Stripes
Orange Belts
Orange Belts w Stripes

6:10 pm - 7:00 pm

CLASS C - D - E

AGES: 7 to 9

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

CLASS F - G - H

AGES: 10 to 12

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

SATURDAY

9:00 am - 9:50 am

CLASS F - G - H

AGES: 10 to 12

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

10-12 NEW TRYOUTS

10:00 am - 10:50 am

CLASS C - D - E

AGES: 7 to 9

White Belts
White Belts w Stripes
Purple Belts
Purple Belts w Stripes

All Yellow Belts
and Above

7-9 NEW TRYOUTS

11:00 am - 11:50 am

CLASS A - B

AGES: 4.5 to 6

White Belts
White Belts w Stripes
Orange Belts
Orange Belts w Stripes

4.5-6 NEW TRYOUTS

MAIN CLASS SCHEDULE

ADULT TAIDO CLASS SCHEDULE

13+

MONDAY

7:00 PM to 8:00 PM

13+ NEW TRYOUTS

All New Students
All Belt Levels
BLACK BELT TRAINING

TUESDAY

7:00 PM to 8:00 PM

13+ NEW TRYOUTS

All New Students
All Belt Levels
COMPETITION TRN

WEDNESDAY

7:00 PM to 8:00 PM

13+ NEW TRYOUTS

All New Students
All Belt Levels
BLACK BELT TRAINING
FOOTWORK TRAINING
JISSEN TRAINING

THURSDAY

7:00 PM to 8:00 PM

All New Students
All Belt Levels

SATURDAY

Noon to 1:00 PM

13+ NEW TRYOUTS

All New Students
All Belt Levels
SPECIAL CLINICS TRN
GYMNASTIC TRAINING