

# 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