

	Mon "A"	Tues "A"	Wed "B"	Thur "B"	Fri	Sat "A"
Ninja Tots (Ages 3-5)	3:45 PM		3:45 PM			
Karate Juniors (Ages 5-7)	5:45 PM	5:00 PM	5:45 PM	5:00 PM		10:30 AM
White to Orange (Ages 8-12)	5:00 PM	5:45 PM	6:30 PM	4:15 PM		11:15 AM
Green/ Purple	4:15 PM	6:30 PM	4:15 PM	5:45 PM		9:45 AM
Blue	4:15 PM	6:30 PM	5:00 PM	6:30 PM		9:45 AM
Brown/Brown II/Red/Black	6:30 PM	4:15 PM	5:00 PM	6:30 PM		9:45 AM
Adults (13+) White to Org		9:30 AM 7:15 PM		9:30 AM 7:15 PM		9:00 AM
Adults (13+) Green to Black	7:15 PM	9:30 AM 8:00 PM	7:15 PM	9:30 AM 8:00 PM		9:00 AM
Kickboxing (13+)	8:00 PM		8:00 PM		7:15 PM	
Kata Help Class (8+)					3:45 PM	12:00 PM
Sparring Help Class					4:15 PM	

Specialty Programs

Boot Camp (Red & Black Belts)	September to May		7:30 AM
BBC Weapons Yellow to Green	Jan, April, July, Oct: Nunchaku Feb, May, August, Nov: Kali Sticks March, June, Sept, Dec: Tonfas	4:45 PM	
BBC Weapons Purple to Black	Jan, April, July, Oct: Nunchaku Feb, May, August, Nov: Kali Sticks March, June, Sept, Dec: Tonfas	5:15 PM	
BBC Weapons Adult (13+)	Jan, April, July, Oct: Nunchaku Feb, May, August, Nov: Kali Sticks March, June, Sept, Dec: Tonfas	6:45 PM	
Instructor Training Program	September to May	5:45 PM	

•Register for classes on the Zen Planner app.

•All students must attend a minimum of one "A" and one "B" class per week.

•Help Class is open for ages 8+.

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