

Belt Level	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday AM
Kids and Family						
White Belt (& Tiny Tigers Red Stripe)	4:30-5:15		6:00-6:45	3:45-4:30	7:15-8:00	10:50-11:30
Yellow Belt		3:45-4:30	5:15-6:00		6:30-7:15	10:10-10:50
Striped Yellow Belt		3:45-4:30	5:15-6:00		6:30-7:15	10:10-10:50
Green Belt	3:45-4:30	4:30-5:15		7:45-8:30		11:30-12:10
Striped Green Belt	3:45-4:30	4:30-5:15		7:45-8:30		11:30-12:10
Blue Belt		7:15-8:00		4:30-5:15	3:45-4:30	12:10-12:50
Striped Blue Belt		7:15-8:00		4:30-5:15	3:45-4:30	12:10-12:50
Red Belt	5:15-6:00		7:30-8:15	5:45-6:30		12:50-1:30
Striped Red Belt	5:15-6:00		7:30-8:15	5:45-6:30		12:50-1:30
Double Striped Red Belt	7:30-8:15		3:45-4:30		4:30-5:15	12:50-1:30
Black Belt Candidates (White Tip)	7:30-8:15		3:45-4:30		4:30-5:15	9:00-9:40
Black Belt Prime thru Level 2		5:45-6:30	4:30-5:15		8:00-8:45	9:00-9:40
Black Belt Level 3 and Up		8:00-8:45	4:30-5:15		5:15-6:00	9:00-9:40
Sparring (Yellow and Up)	6:45-7:30					
Family Class Low Belt	6:00-6:45		6:45-7:30			
Family Class High Belt		6:30-7:15		7:00-7:45		
Demo Team						2:00-2:40
Teen and Adult						
All Levels	8:15-9:00		8:15-9:00			9:00-9:40
Sparring (Yellow and Up)	6:45-7:30					
Tiny Tigers						
Low Belt (White-Yellow Stripe)		5:15-5:45		5:15-5:45	6:00-6:30	9:40-10:10
High Belt (Green Stripe-Blue Stripe)		5:15-5:45		6:30-7:00	6:00-6:30	9:40-10:10
Leadership			6:00-6:45			

1. Please arrive 5 minute before the class.
2. Pick up your card prior to entering the class
3. Parents are encouraged to watch the class.
4. Please keep the voice low so that students can learn during class.
5. In case you arrive late for the class, stay at the end of the mat until the master recognize you.
6. Please take pride in keeping your uniform clean. Attach all the patches.
No need to wear undershirt. Only white undershirt allowed.
7. Demo team is invitation only. We have demo team recruit once or twice a year.
Please talk to the office.
8. Sparring class: all the gear including a chest guard is mandatory to participate in the class.