



# CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Adults</b> <i>All Belts</i>  12:15 - 1:00	Private Lessons  Appointment Only	<b>Adults</b> <i>All Belts</i>  12:15 - 1:00	Private Lessons  Appointment Only	Private Lessons  Appointment Only	<b>Poomse</b> <i>All Belts</i>  9:45 - 10:45
<b>Youth/Family</b> <i>White - Green</i>  5:15 - 5:55	<b>Youth/Family</b> <i>Purple &amp; Up</i>  5:15 - 5:55	<b>Youth/Family</b> <i>White - Green</i>  5:15 - 5:55	<b>Youth/Family</b> <i>All Belts</i>  5:30 - 6:10	<b>Open Practice</b> <i>All Belts</i>  5:30 - 6:00	<b>Conditioning</b> <i>All Belts</i>  11:00 - 12:00
<b>Youth/Family</b> <i>Purple &amp; Up</i>  6:15 - 6:55	<b>Youth/Family</b> <i>White - Green</i>  6:15 - 6:55	<b>Youth/Family</b> <i>Purple &amp; Up</i>  6:15 - 6:55	<b>Poomse Team</b>  6:15 - 7:15	<b>Sparring</b> <i>All Belts</i>  6:10 - 7:00	
<b>Adults &amp; Teen</b> <i>All Belts</i>  7:10 - 8:00	<b>Advanced Sparring Team</b>  7:00 - 8:00	<b>Adults &amp; Teen</b> <i>All Belts</i>  7:10 - 8:00		<b>Adults &amp; Teen</b> <i>All Belts</i>  7:10 - 8:00	