

KneeHigh Ninja (Starting at age 4): 30 minutes (may go over by 5 - 10 minutes for recognitions and awards)

| Belt Rank (or center stripe) | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|---------------------------------|--------------|-------------------|---------|---------|-------------------|---------|------------------|--------------------|------------------|---------|----------------------|---------|
| | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B |
| No Belt, White, Gold | 3:00 4:30 | | 6:00 | | 3:00 4:30 | | 6:00 | | 6:15 | | 10:00am | |
| Orange | 3:00 4:30 | | 6:00 | | 3:00 4:30 | | 6:00 | | 6:15 | | 10:00am | |
| Green | 3:00 4:30 | 6:15 Handpads | 6:00 | | 3:00 | | 6:00 | | 5:00 Handpads | | 9:15am Handpads | |
| Purple, Blue | 3:00 | 6:15 Handpads | 4:20 | | 3:00 | | 4:20 Handpads | | 5:00 Handpads | | 9:15am Handpads | |
| Red, Brown | | 5:00 Full gear | 4:20 | | 6:05 Full gear | | 4:20 Handpads | | 5:00 Handpads | | 10:30am Full gear | |
| Black & higher | | 5:00 Full gear | | | 6:05 Full gear | | | 4:30 HP/Jr Prep | | | 10:30am Full gear | |

Junior/Family: 45 minutes / 60 minutes** (may go over by 5 - 10 minutes for recognitions and awards)

(Teen Class: 2:15)

| Belt Rank | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|-------------------------------|---------|---------|---------|---------|-----------|---------|----------|---------|---------|---------|----------|---------|
| | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B |
| White | 6:00 | | | 5:15 | | 5:00 | | | | 5:15 | 11:00 am | |
| Gold | 6:45 | | 5:00 | | 5:15 | | | | 5:30 | | 11:45 am | |
| Orange | | 4:15 | | 6:00 | | 3:30 | | 5:00 | | | 1:30 | |
| Green | | | | | | 5:45 | | | | | | |
| Purple | | | | 4:15 | | 3:30 | 5:00 | | | 6:00 | | 1:15 |
| Blue | | | | 4:15 | | 3:30 | | 6:45 | | 6:00 | | 1:15 |
| Red | | | | 6:45 | | 4:15 | | 6:45 | 4:15 | | | 11:30am |
| 2nd Brown | | 5:30 | | 6:45 | | 4:15 | | | 4:15 | | | 11:30am |
| 1st Brown | 5:00** | | | | | 6:45** | | 6:45** | | 4:15** | 12:30** | |
| Black (green tip and lower) | | 6:45** | | | | 6:30** | | 5:45** | | 4:15** | | 12:15** |
| Black (purple tip and higher) | | 6:45** | 6:30** | | | 6:30** | | 5:45** | | | | 12:15** |

Adult: 60 minutes (teens must have instructor permission to participate)

| Belt Rank | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--------------------------------------|-------------------|---------|---------------------|---------|-----------|---------------|----------|---------|---------|---------|----------------------|--------------------------------|
| | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B |
| White - Black (Classes may split) | 7:30 Full gear | | | 7:30 | | 7:30 | | 7:30 | | 6:45 | 2:15 Teen (13-19) | adults attend junior/family |
| Black Belt Only | | 6:45 | 6:30 (Blk: Pur↑) | | | 6:30 (Blk) | | | | 4:15 | | 12:15 |

Cardio Kickboxing (Adults): 60 minutes (teens must have instructor permission to participate)

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | |
|--|---------|---------|---------|---------|-----------|---------|----------|---------|---------|---------|----------|---------|
| | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B | Floor A | Floor B |
| | | | 7:30 | | | | | | | | | 8:00am |

- Punctuality: Class credit will only be guaranteed to those students who arrive to class on time. Please be at the school approximately 10 minutes before class time. If you are more than 5 minutes late, you may or may not be allowed to enter class depending on class size and instructor's discretion.
- Junior and adult students may attend any lower level rank class at your age level for ½ class credit.
- Private Lessons (20 minutes w/ consultation) may be scheduled with a Black Belt Instructor for \$40 (\$35 member rate). \$5 charge for additional family members. Please schedule an appointment.
- Parents of children age 6 and under must remain for the duration of class. Children age 9 and under must be escorted to and from the school.

Owners/Instructors: Master Barry Shackelford, M.S., Master Francis Pineda

Instructors: Mrs. Deanna Hawk, Master Avi Rome, Mr. Jace Barrett

Cardio Instructor: Mrs. Sarah Liberatore

Office Administrator: Ms. Jasmin Vargas