

**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			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.
- 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.
- Guardians 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