



# Class Schedule

(Effective as of January 2nd, 2025)

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

| 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 |
| <b>Beginners</b><br>(No Belt - Orange)                  | 4:30    |         | 5:00    |         | 5:30      |         | 5:45     |         | 4:30    |         | 10:15 am |         |
| <b>Intermediate: Handpads</b><br>(Green, Purple, Blue ) | 5:15    |         | 4:15    |         | 6:15      |         | 5:00     |         | 5:15    |         | 11:00 am |         |
| <b>Advanced: Handpads</b><br>(Red and Higher)           | 5:45    |         |         |         |           |         | 4:30     |         |         |         |          |         |

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

| 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  |
| <b>White</b>   |         | 5:00    |         | 4:30    |           |         |          | 5:30    |         | 6:00    | 11:45 am |          |
| <b>Gold</b>  |         | 5:45    | 5:45    |         |           | 5:00    |          | 4:30    | 5:15    |         | 12:30    |          |
| <b>Orange</b>  |         | 6:30    | 6:30    |         |           |         |          |         |         |         |          | 11:30 am |
| <b>Green</b>   | 6:15    |         |         |         |           | 4:15    | 6:15     |         |         |         |          |          |
| <b>Purple</b>  |         |         |         |         |           |         |          | 6:15    |         |         |          |          |
| <b>Blue</b>  |         |         |         | 5:15    |           |         |          |         |         | 4:15    |          | 1:15     |
| <b>Red</b>   |         | 4:15    |         |         |           | 6:00    |          |         |         |         |          | 12:15    |
| <b>2nd Brown</b>                                       |         |         |         |         | 6:00      |         |          |         |         |         |          |          |
| <b>1st Brown</b>                                       |         |         |         |         |           | 4:15**  | 7:00     |         |         |         |          | 1:00**   |
| <b>Black Belts</b>                                     | 7:00**  |         |         |         |           |         |          | 7:00**  |         |         |          |          |
| <b>Gold - Black: Teen Class</b><br>(Must be age 13-19) |         |         |         |         |           |         |          |         |         | 6:45**  |          |          |

## Adult Class: 60 minutes

(Teens must have Master Instructor permission to attend.)

| 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  |
| <b>White - Black</b>                                  |         | 7:15    |         | 7:00    |           | 7:00    |          |         |         |         |          | 10:15 am |
| <b>Adult Black Belts</b>                              | 7:00    |         |         |         | 4:15      |         |          | 7:00    |         |         |          | 1:00     |
| <b>Gold- Black: Teen Class</b><br>(Must be age 13-19) |         |         |         |         |           |         |          |         |         | 6:45    |          |          |

| Cardio Kickboxing                           | Monday | Tuesday   |  | Wednesday | Thursday | Friday | Saturday               |  |
|---|--------|-----------|--|-----------|----------|--------|------------------------|--|
|   |        | Zoom Only |  |           |          |        | Hybrid: Floor B & Zoom |  |
| <b>Hybrid (In-studio/Zoom) or Zoom Only</b> |        | 7:00      |  |           |          |        | 9:00 am                |  |

- Punctuality: Class credit will only be guaranteed to those students who arrive to class on time. Please be at the studio approximately 10 minutes before class time. If you are more than five minutes late, you may or may not be allowed to enter class depending on class size and instructor's discretion.

- Private Lessons (20 minutes, plus consultation as needed) may be scheduled with a Black Belt Instructor for \$40. (\$5 charge for additional family members. Please email the office to make arrangements).

- Guardians of children age six and under must remain for the duration of class. Children age nine and under must be escorted to and from the studio.

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Owners: Master Barry Shackelford, Master Francis Pineda