

ALL CLASSES ARE IN-STUDIO

(Effective as of Mon., April 18, 2022)

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
Beginners (No Belt - Orange)		4:30		5:30		5:30		4:45	5:45			10:30am
Intermediate / Advanced (Green and Higher)	5:30 Handpads		4:00 Handpads			6:15 Handpads	5:30 Handpads			5:15 Handpads	11:15am Handpads	

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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
White		5:15		4:30				5:30		6:00	12:00	
Gold		6:00			4:15							12:00
Orange			4:45		5:45		4:30					
Green												11:15am
Purple			5:30		5:00		6:15					
Blue	4:30			6:15						6:45		1:45
Red												
2nd Brown	6:15				6:30				4:45		1:00	
1st Brown			6:15			4:30		6:15				12:45**
Black Belts		7:00**						7:00**		4:00**		

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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	No Thursday Class		No Friday Class		Floor A	Floor B
White - Black	7:00			7:00		7:00					10:00am	
White - Black: Teen Class (Must be within the ages of 13 - 19) One hour.											1:45	

Cardio Kickboxing	Monday	Tuesday		Wednesday	Thursday	Friday	Saturday	
		Floor A: Zoom					Floor A: Zoom	
Zoom Only		7:00					9:00am	

- 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 (30 minutes, including consultation) may be scheduled with a Black Belt Instructor for \$40 (\$35 member rate). \$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.