



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00 – 1:00 White Belts <i>S Erin</i> <hr/> Blue – Black Belts <i>S Alan</i>	12:00 – 1:00 Blue – Black Belts <i>S Tom</i>	12:00 – 1:00 White Belts <i>S Ryan</i> <hr/> Kata Blue – Black Belts <i>JS Sarah</i>	12:00 – 1:00 Blue – Black Belts <i>S Ryan</i>	12:00 – 1:00 Blue – Black Belts <i>S Katherine</i>	
	1:00 – 1:30 Black Belts <i>JS Sarah</i>		1:00 – 1:30 Sparring Skills & Free Sparring Blue – Black Belts <i>JS Sarah</i>		
4:00 – 4:30 Little Kicks (MWS) <i>S Tabitha</i>	4:00 – 4:30 Little Kicks (TTS) <i>S Tabitha</i>	4:00 – 4:30 Little Kicks (MWS) SS Nancy	4:00 – 4:30 Little Kicks (TTS) <i>S Tabitha</i>		10:00 – 10:30 Little Kicks <i>JS Sarah, S KJ</i>
4:00 – 4:45 Juniors <i>S Katherine, Tom, Alan, Erin</i>	4:00 – 4:45 Juniors SS Nancy, <i>JS Sarah, S Tom, Alan</i>	4:00 – 4:45 Juniors <i>S Katherine, Alan, Tom, Tabitha</i>	4:00 – 4:45 Juniors <i>JS Sarah, S Katherine, Mattie, Erin</i>	4:00 – 4:45 Juniors <i>S Katherine, Tom, Alan, Lucia</i>	10:15 – 11:00 Juniors <i>S Alan, Mattie, Thomas, Todd</i>
4:45 – 5:45 Youth White – Adv Blue & All Pre-Sparrers <i>S Katherine, Tom, Lucia, Erin, Tabitha</i>	4:45 – 5:45 Youth White – Adv Blue & All Pre-Sparrers SS Nancy, <i>JS Sarah, S Tom, Alan, Aaron</i>	4:45 – 5:45 Youth All Levels <i>S Katherine, Tom, Akinwande, Alan, Tabitha</i>	4:45 – 5:45 Youth All Levels <i>S Katherine, Mattie, Erin, Tabitha, Aaron</i>	4:45 – 5:45 Youth & Teens All Levels <i>S Katherine, Tom, Alan, Lucia</i>	11:00 – 12:00 Youth All Levels SS Nancy, <i>S Alan, Thomas, Mattie, Todd, KJ</i>
5:45 – 6:45 Teens All Levels & Youth Freestyle Sparrers <i>S Katherine, Tom, Lucia, Erin</i>	5:45 – 6:45 Teens All Levels & Youth Freestyle Sparrers <i>JS Sarah, S Tom, Tabitha, Aaron</i>	5:45 – 6:45 Teens All Levels SS Nancy, <i>JS Sarah, S Katherine, Akinwande, Alan</i>	5:45 – 6:45 Teens All Levels <i>S Ryan, Mattie, Aaron, Tabitha</i>	5:45 – 7:00 Adult No Contact Boxing / Conditioning White – Black belts Includes 15 min of strength & endurance training <i>S Alan</i>	12:00 – 1:00 Teens All Levels <i>S Alan, Thomas, Mattie</i> <hr/> Adult White Belts <i>JS Sarah</i>
6:45 – 7:45 White Belts <i>S Tabitha</i> <hr/> Sparring Basics Blue - Black Belts Last 15 min: Freestyle Sparring Green-Black Belts <i>S Alan</i>	6:45 – 7:30 Weapons Training Blue - Black Belts <i>S Alan</i>	6:45 – 7:45 White Belts <i>S Tom</i> <hr/> Self-Defense Skills Blue – Black Belts SS Nancy	6:45 – 7:45 White Belts <i>S Katherine</i> <hr/> Blue – Adv Yellow <i>JS Sarah</i> <hr/> Green – Black Belts <i>JS Martha</i>		1:00 – 2:00 Kata Blue – Black Belts SS Nancy
7:45 – 8:45 Blue – Black Belts <i>S Alan</i>	7:30 – 8:30 White Belts <i>S Tabitha</i> <hr/> Blue – Adv Yellow <i>S Alan</i> <hr/> Green – Black Belts SS Nancy	7:45 – 9:00 Shodan & Nidan & Sandan & Up SS Nancy, <i>JS Sarah</i>	7:45 – 8:45 Kajukenbo Blue – Black Belts <i>Sifu Sarah</i>		2:00 – 3:00 Green – Black Belts <i>JS Sarah</i>
	8:30 – 9:00 Meditation SS Nancy				3:00 – 3:45 Free Sparring Green – Black Belts SS Nancy <i>JS Sarah</i>
	10:00 – 11:00 Blue-Adv Yellow Syllabus Blue – Black Belts SS Nancy	11:00 – 12:00 Black Belts SS Nancy	12:00 – 1:00 White Belts <i>S Fay</i>	Green-Adv Brown Syllabus Green – Black Belts SS Nancy	1:15 – 2:30 Beginner Level Yoga SS Nancy (Begins 1/28/18)
SUNDAY					