



Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00 – 9:00 HYBRID Brown–Black Belts <i>K Tom</i>				
	12:30 – 1:30 White Belts <i>S Jeff</i>		12:30 – 1:30 White Belts <i>S Lucia, S Jeff</i>	12:30 – 1:30 HYBRID Blue – Black Belts <i>K Tom</i>	
	Blue – Black Belts <i>S Ryan</i>		Blue – Black Belts <i>S Ryan</i>		
4:15 – 5:00 Juniors <i>K Tom, S Jeff</i>	4:15 – 5:00 Juniors <i>K Tom, S Lucia</i>	4:15 – 5:00 Juniors <i>S Lucia, S Zoë</i>	4:15 – 5:00 Juniors <i>S Lucia, S Jeff</i>		9:30 – 10:15 Juniors <i>S Lucia, S Mattie</i>
5:00 – 6:00 Youth & Teen <i>K Tom, S Mattie, S Jeff</i>	5:00 – 6:00 Youth & Teens with Sparring Skills* <i>K Tom, S Ryan, S Lucia</i>	5:00 – 6:00 Youth & Teens <i>S Ryan, S Lucia, S Zoë</i>	5:00 – 6:00 Youth & Teen <i>S Ryan, S Lucia, S Jeff</i>	5:00 – 6:00 Teens 12-17 years old White – Adv Brown Jnr Black Belts All Ages <i>S Ryan, S Lucia</i>	10:30 – 11:30 Youth & Teens <i>S Ryan, S Lucia, S Mattie</i>
6:00 – 7:00 White Belts Sparring Skills Teens & Adults Blue – Black Belts <i>S Mattie, S Jeff</i>	6:00 – 7:00 Black Belts <i>S Ryan, S Scott</i>	6:30 - 7:30 HYBRID Blue – Black Belts <i>K Tom</i>	6:00 – 7:00 White Belts <i>S Todd</i> Blue – Black Belts <i>SS Nancy</i>		12:30 – 1:30 White Belts Junior Black Belts Open to Adult Black Belts <i>S Ryan, S Lucia</i>
7:00 – 8:00 Blue – Black Belts <i>S Mattie</i>	7:00 – 8:00 Blue – Adv Yellow Belts Green – Black Belts <i>S Ryan, S Scott</i>	7:30 – 8:30 White Belts <i>K Tom</i> <i>Open Dojo Self-Training</i>	7:00 – 7:40 HYBRID Meditation <i>SS Nancy</i> 7:45 – 8:45 Black Belts <i>SS Nancy, S Todd</i>		1:30 – 2:30 Blue to Black Belts <i>S Ryan, S Lucia</i>
					2:30 – 3:30 Sparring Skills & Free Sparring Adult Blue – Black & Jnr Black Belts Ages 12 + <i>S Ryan</i>
SUNDAY	10:00 – 11:00 Blue –Adv Yellow Belts Green–Black Belts <i>S Aileen, S Lauren</i>		11:00 – 12:00 Self-Defense Skills Practice All Levels <i>S Aileen, S Lauren</i>		

* Youth and Teen **Sparring Skills** section of the class is for youth Yellow to Jnr Black Belts and Teens (12 and older) Blue to Jnr Black Belts. All other students continue with a standard class.