



# Class Schedule

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