

# CLASS SCHEDULE

<u>CLASS</u>	MONDAY SPARRING	TUESDAY FORMS	WEDNESDAY FORMS	THURSDAY SPARRING	<u>FRIDAY</u>	SATURDAY FORMS
<u>KIDS DAY CLASS</u>				10:30AM-11AM	<u>1<sup>ST</sup> &amp; 3<sup>RD</sup> WEEKS</u>	
<u>ADULT DAY CLASS</u>				11AM-12NOON		
<u>INSTRUCTOR'S EDGE</u>	3:00-4:00 PM	3:00-4:00 PM	3:00-4:00 PM	<b>DEMO TEAM 4:15PM-5PM</b>		
<u>TINY TIGERS/ LITTLE DRAGONS</u>	4:00-4:30 PM	5:30-6:00 PM	4:00-4:30 PM	6:15-6:45 PM		
<u>TAI CHI</u>		<b>6:00-6:45PM</b>		<i>FAMILY CLASS 5:45-6:15PM</i>		
<u>JR.DRAGONS</u>	4:30-5:00 PM	4:45-5:15PM	4:30-5:00 PM	5:00-5:30 PM		
<u>BBTC/ MASTERS</u>	4:30-5:15 PM	4:45-5:30PM	4:30-5:15 PM	5:00-5:45 PM	<b>FAMILY CLASS 6:00 – 6:30PM</b>	
<u>TEENS</u>	5:15-6:00 PM	7:15-8:30PM	5:15-6:00 PM	6:45-7:45 PM		
<u>ADULTS</u>	6:00-7:00PM	7:15-8-30PM	6:00-7:00PM	<b><u>6:45-7:45PM</u></b>		
<u>WEAPONS</u>		<i>6:45-7:15PM</i>		<i>SNAP CIRCUIT 7:45-8:15PM</i>		