

*Class Schedule * Effective - September 4, 2012 to December 20, 2012 **

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>Afternoon & Evening Classes</i> ↓	Kicks & Pads	One-Steps & Hand Techniques	Sparring & Sparring Drills	Forms	Self-Defense & Kicking Combinations	Board Breaking & Weapons
4:00 to 4:45	Jr White to Orange	Jr Blue to Black	Jr Green to Purple-1	Jr White to Orange <i>Specialty Program Yellow to Orange</i>	Jr Green to Black	<i>Morning Classes</i> ↓
4:45 to 5:30	Jr Green to Purple-1	Jr White to Orange	Jr Blue to Black	Jr Blue to Black <i>Specialty Program Blue to Black</i>	Jr White to Orange	9:00 to 9:45 Teens & Adults
5:30 to 6:15	Jr Blue to Black	Jr Green to Purple-1	Jr White to Orange	Jr Green to Purple-1 <i>Specialty Program Green to Purple-1</i>	Teens & Adults	9:45 to 10:30 <i>Specialty Program All Belts</i>
					<i>Black</i>	<i>Black</i>
6:15 to 7:00	Muay Thai	Muay Thai	Muay Thai	Muay Thai		10:30 to 11:15 Jr White to Red-1
			<i>Black</i>	<i>Black</i>		
7:00 to 8:00	Teens & Adults	Teens & Adults	Teens & Adults	Teens & Adults		