

**MON****TUE****WED****THU****FRI****SAT**

# Summer Training Schedule

## Effective Monday, June 18, 2018

CHILDREN  
BEGINNERS/  
WHITE BELTS  
4:30-5:10

BLACK  
BELTS  
5:15 - 6:10

CHILDREN  
BLUE STR  
THRU PURPLE  
6:15-6:55

CHILDREN  
PRPL STR THRU  
BLACK STR  
7:00-7:55

TEEN/ADULT  
ALL RANKS  
8:00-8:55

CHILDREN  
YELLOW  
THRU  
ORANGE STRIPE  
5:15-5:55

CHILDREN  
GREEN THRU BLUE  
6:00-6:40

TEEN/ADULT  
BEGINNER  
THRU GREEN  
6:45-8:25

LITTLE  
DRAGONS  
5:15-6:00

CHILDREN  
YELLOW THRU  
BLACK BELT  
CONDITIONING  
6:10-6:50

TEEN/ADULT  
BLUE & UP  
ALL CHO DAN BO  
6:55-7:50

TEEN/ADULT  
ALL RANKS  
SPARRING  
8:05-9:00

CHILDREN  
BEGINNERS/  
WHITE BELTS  
5:15-5:55

BLACK  
BELTS  
6:00 - 6:55

On Saturday mornings when we have belt tests  
the only class that meets is Little Dragons.

**FAMILY MARTIAL ARTS CENTER**  
This Schedule is Effective Monday, June 18, 2018

LITTLE  
DRAGONS  
9:45-10:25

CHILDREN  
BEGINNERS/  
WHITE BELTS  
9:45-10:25

CHILDREN  
SPARRING  
YELLOW THRU  
BLACK BELT  
10:35-11:15