

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 19, 2017

LITTLE
DRAGONS
9:45-10:25

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

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