World Class Training Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Intro Class 4:30pm- 5:00pm		
All Belt Levels Ages 4-12 5:00-6:00	All Belt Levels Ages 4-12 5:00-6:00	Intro Class 4:30pm- 5:00pm	All Belt Levels Ages 4-12 5:00-6:00	Intro Class 4:30pm 5:00pm	All Belt Levels 10am to 11:00am
All Belt Levels Ages 12 and up 6:00-7:00	All Belt Levels Ages 12 and up 6:00-7:00	Sparring Class 5:30pm-6:30pm All Belts Welcome	All Belt Levels Ages 12 and up 6:00-7:00	Sparring Class 5:30pm- 6:30pm	Tournament Training All welcome Only held 4 weeks prior to Tournaments
	Advanced Training 7:00-8:00 Blue-Black		Advanced Training 7:00-8:00 Blue-Black	Weapons Class 6:30pm- 7:30pm	