



## Class Schedule Beginning September 2, 2008

|                                   | REGULAR CLASS SCHEDULE     |                              |                               |                              | OPTIONAL                  |                                |
|-----------------------------------|----------------------------|------------------------------|-------------------------------|------------------------------|---------------------------|--------------------------------|
|                                   | Monday                     | Tuesday                      | Wednesday                     | Thursday                     | Friday                    | Saturday                       |
| <b>L'IL DRAGONS 3 - 4</b>         |                            | 3:30-4:00 PM<br>5:15-5:45 PM |                               | 3:30-4:00 PM<br>5:15-5:45 PM |                           | 10:30-11:00 AM                 |
| <b>TINY TIGERS 5 - 8</b>          |                            |                              |                               |                              |                           |                                |
| <b>All Ranks Daytime</b>          |                            | 3:00-3:30 PM                 |                               | 3:00-3:30 PM                 |                           |                                |
| <b>Tiger Beginners: White</b>     |                            | 5:45-6:15 PM                 | 6:00-6:30 PM                  | 5:45-6:15 PM                 |                           | 11:00-11:30 AM                 |
| Orange/Yellow                     |                            | 5:45-6:15 PM                 |                               | 5:45-6:15 PM                 |                           | 11:00-11:30 AM                 |
| Tiny Tigers BBC                   |                            | 6:15-6:30 PM                 |                               | 6:15-6:30 PM                 |                           | 11:30-11:45 AM                 |
| Camo to Purple                    |                            | 6:30-7:00 PM                 |                               | 6:30-7:00 PM                 |                           | 11:45-12:15 PM                 |
| Tigers - Raptors Den              |                            |                              | 5:30-6:00 PM                  |                              |                           |                                |
| <b>JUNIORS 7-13</b>               |                            |                              |                               |                              |                           |                                |
| <i>Excel Select</i>               |                            | 7:00-7:30 PM                 |                               | 7:00-7:30 PM                 |                           | 12:15-12:45 PM                 |
| <b>All Ranks Daytime</b>          |                            | 10:30-11:15 AM               |                               | 10:30-11:15 AM               |                           |                                |
| <b>Beginners: White to Yellow</b> |                            | 5:00-5:40 PM                 |                               | 6:10-6:50 PM                 |                           | 11:30-12:10 PM                 |
| Camo/Green                        | 4:30-5:10 PM               |                              | 6:00-6:40 PM                  |                              | Sparring<br>5:00-5:45 PM  | Open Training<br>12:15-1:00 PM |
| Purple/Blue                       | 4:30-5:10 PM               | Boards<br>4:15-5:00 PM       | 6:00-6:40 PM                  |                              | Sparring<br>5:00-5:45 PM  | Open Training<br>12:15-1:00 PM |
| Brown/Red                         | 5:45-6:35 PM               | Boards<br>4:15-5:00 PM       | 4:30-5:20 PM                  |                              | Sparring<br>5:00-5:45 PM  | Open Training<br>12:15-1:00 PM |
| Black Belts - 1st Deg.            |                            | 5:45-6:30 PM                 |                               | 7:00-7:45 PM                 | Sparring<br>5:00-5:45 PM  | 1:00-1:45 PM                   |
| Black Belts - 2nd Deg.+           |                            | 5:45-6:30 PM                 |                               | 7:45-8:30 PM                 | Sparring<br>5:00-5:45 PM  | 1:00-1:45 PM                   |
| Junior Black Belt Club            | Jr. KicBox<br>5:15-5:45 PM | 11:30-12:00 PM               | Intro to XMA<br>5:30-6:00 PM  | 11:30-12:00 PM               | Weapons<br>5:45-6:30 PM   |                                |
| Junior Leaders                    | XMA<br>6:45-7:30 PM        |                              | Excel Leaders<br>6:45-7:30 PM | Grappling<br>4:30-5:15 PM    |                           |                                |
| <b>TEENS/ADULTS 13+</b>           |                            |                              |                               |                              |                           |                                |
| <b>All Ranks Daytime</b>          |                            | 12:00-1:00 PM                |                               | 12:00-1:00 PM                |                           |                                |
| <b>White-Beginners to Yellow</b>  | 7:30-8:30 PM               |                              | 7:30-8:30 PM                  | 5:15-6:00 PM                 |                           | 10:30-11:15 AM                 |
| Camo to Red                       | 7:30-8:30 PM               |                              | 7:30-8:30 PM                  | 5:15-6:00 PM                 | Sparring<br>6:30-7:30 PM  | 10:30-11:15 AM                 |
| Black Belts - 1st Deg. +          |                            | 6:30-7:30 PM                 |                               | 7:00-7:45 PM                 | Sparring<br>6:30-7:30 PM  | 1:00-1:45 PM                   |
| Black Belts - 2nd Deg.+           |                            | 6:30-7:30 PM                 |                               | 7:45-8:30 PM                 | Sparring<br>6:30-7:30 PM  | 1:00-1:45 PM                   |
| Adult Black Belt Club             |                            | 11:30-12:00 PM               |                               | 11:30-12:00 PM               | Weapons<br>5:45-6:30 PM   |                                |
| Adult Leaders                     | XMA<br>6:45-7:30 PM        |                              | Excel Leaders<br>6:45-7:30 PM | Leader Staff<br>8:30-9:15 PM |                           |                                |
| <b>Defense Dynamics</b>           | ATA FIT-<br>Jiu Jitsu-     | 7:30-8:15 PM<br>8:15-9:15 PM | Standing Def<br>8:30-9:15 PM  |                              | Jiu Jitsu<br>7:30-8:15 PM | ATA FIT<br>9:30-10:15 AM       |
| <b>Jamjalee Aerobics</b>          | 5:45-6:30 PM               |                              | 4:30-5:15 PM                  |                              | 5:45-6:30 PM              |                                |