



## Class Schedule Beginning January 18, 2010

	REGULAR CLASS SCHEDULE			
	Monday	Tuesday	Wednesday	Thursday
<b>L'IL DRAGONS 3 - 4</b>		5:00-5:30 PM		4:30-5:00 PM
<b>TINY TIGERS 5 - 8</b>				
Tiger Beginners: White	5:00-5:30 PM	5:30-6:00 PM		5:00-5:30 PM
Orange/Yellow	5:00-5:30 PM	6:00-6:30 PM		6:30-7:00 PM
Camo to Purple		6:30-7:00 PM		5:30-6:00 PM
Tigers - Raptors Den		6:30-7:00 PM		
Tiny Tigers BBC		7:00-7:20 PM		6:00-6:30 PM
<b>JUNIORS 7 -13</b>				
<i>Excel Select</i> (Special Abilities)	5:30-6:00 PM			7:00-7:30 PM
Beginners: White		5:00-5:30 PM		6:30-7:00 PM
Orange/Yellow		5:30-6:10 PM		5:45-6:30 PM
Camo/Green/Purple/Blue	6:30-7:15PM		5:00-5:45 PM	
Brown/Red	5:00-5:45 PM		6:30-7:15 PM	
Junior Black Belt Club	Comp. Weapons 4:30-5:00 PM XMA 5:45-6:30 PM		Jiu Jitsu 5:45-6:30 PM	
Black Belts - 1st Degree	XMA 5:45-6:30 PM	6:15-7:15 PM		7:00-7:45 PM
Black Belts - 2nd Degree	XMA 5:45-6:30 PM	6:15-7:15 PM		7:45-8:30 PM
<b>JUNIOR LEADERS</b>				
<b>TEENS/ADULTS 13+</b>				
White Belts Only		12:00-12:30 PM		
All Ranks	7:15-8:00 PM		7:15-8:00 PM	12:30-1:15 PM
Adult Black Belt Club	BBC XMA 5:45-6:30 PM	X-FIT 12:30-1:15 PM		X-FIT 1:15-2:00 PM
Black Belts - 1st Degree		6:15-7:15 PM		7:00-7:45 PM
Black Belts - 2nd Degree		6:15-7:15 PM		7:45-8:30 PM
<b>ADULT LEADERS</b>				
Gracie Jiu Jitsu	8:00-9:00 PM	Reflex Dev.. 8:00-9:00 PM	8:00-9:00 PM	11:30-12:30 PM
ATA FIT Boot Camp		7:15-8:00 PM		
WARRIOR X-FIT		12:30-1:15 PM		1:15 -2:00 PM
Jamjalee Aerobics	6:00-6:45 PM		6:00-6:45 PM	

ALTERNATE	
Friday	Saturday
	10:30-11:00 AM
	11:00-11:30 AM
	11:00-11:30 AM
	11:30-12:00 AM
	11:30-12:00 AM
	12:00-12:30 PM
	11:45-12:30 PM
	11:45-12:30 PM
6:30-7:15PM	
5:45-6:30 PM	
Jiu Jitsu 5:00-5:45 PM	Sparring 12:30-1:15 PM
	1:15-2:00 PM
	1:15-2:00 PM
	Leaders Training 2:00-2:45 PM
7:15-8:00 PM	11:00-11:45 AM
Sparring 8:30-9:30 PM	X-FIT 10:15-11:00 AM
	1:15-2:00 PM
	1:15-2:00 PM
	Leaders Training 2:00-2:45 PM
Fight Sim. 8:30-9:30 PM	9:00-10:00 AM
	10:15-11:00 AM
	10:15-11:00 AM
6:00-6:45 PM	