

Class Schedule Beginning April 12, 2010

	REGULAR CLASS SCHEDULE				ALTERNATE	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
L'IL DRAGONS 3 - 4		5:00-5:30 PM		4:15-4:45PM		10:30-11:00 AM
TINY TIGERS 5 - 8						
Tiger Beginners: White	5:00-5:30 PM	5:30-6:00 PM		4:45-5:15 PM		11:00-11:30 AM
Orange/Yellow	5:00-5:30 PM	6:00-6:30 PM		6:15-6:45 PM		11:00-11:30 AM
Camo to Purple		6:30-7:00 PM		5:15-5:45 PM		11:30-12:00 PM
Tigers - Raptors Den		6:30-7:00 PM				11:30-12:00 PM
Tiny Tigers BBC				5:45-6:15 PM		12:00-12:20PM
JUNIORS 7 -13						
<i>Excel Select</i> (Special Abilities)		4:30-5:00 PM		6:45-7:15 PM		<i>Tiger Ranks</i>
Beginners: White		6:00-6:45 PM		5:15-6:00 PM		11:45-12:30 PM
Orange/Yellow		6:00-6:45 PM		5:15-6:00 PM		11:45-12:30 PM
Camo/Green/Purple	5:45-6:30PM		4:30-5:15 PM		6:00-6:45PM	
Blue/Brown/Red	4:30-5:15 PM		6:00-6:45 PM		5:15-6:00 PM	
Junior Black Belt Club	Weapons 5:15-5:45PM		Gracie Bully Proof 5:15-6:00 PM		Gracie Bully Proof 4:30-5:15PM	XMA/Creative 2:00-2:45 PM
Black Belts - 1st Degree		5:15-6:00 PM		6:00-7:00 PM		12:30-1:15 PM
Black Belts - 2nd Degree		6:45-7:30 PM		6:00-7:00 PM		12:30-1:15 PM
JUNIOR LEADERS						Leaders Training 1:15-2:00 PM
TEENS/ADULTS 13+						
All Ranks	7:15-8:00 PM	12:30-1:15 PM	6:45-7:30 PM	12:30-1:15 PM	6:45-7:30 PM	11:00-11:45 AM
Adult Black Belt Club	Adult Weapons 6:30-7:15PM	X-FIT 1:15-1:45 PM		X-FIT 1:15-1:45 PM	Sparring 7:30-8:15 PM	XMA/Creative 2:00-2:45 PM
Black Belts - 1st Degree		5:15-6:00 PM	Integrated Sparring 8:30-9:30PM	6:00-7:00 PM		12:30-1:15 PM
Black Belts - 2nd Degree		6:45-7:30 PM	Integrated Sparring 8:30-9:30PM	6:00-7:00 PM		12:30-1:15 PM
ADULT LEADERS				Instructor Training 7:15-8:00 PM		Leaders Training 1:15-2:00 PM
Gracie Combatives	8:00-9:00 PM	11:30-12:30 PM	7:30-8:30 PM	11:30-12:30 PM		9:00-10:00 AM
Gracie Advanced		Reflex Dev.. 7:30-8:30 PM Master Cycle RMD 8:30-9:30PM		Master Cycle Focus Sparring 8:00-9:00PM	Master Cycle Fight Sim. 8:30-9:30PM	
ATA X-FIT Boot Camp		1:15-1:45 PM		1:15-1:45 PM		10:10-10:50 AM
Jamjalee Aerobics	5:45-6:30 PM		5:45-6:30 PM		5:45-6:30 PM	