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**Schedule effective Monday, June 28, 2010. Subject to change.**

Monday		Tuesday		Wednesday	
4:45-5:30 pm	Karate Kids Ages 7-12 (A Day) White Belts (B)	4:45-5:15 pm	Little Dragons Ages 4-6 All Ranks (B)	4:45-5:30 pm	Karate Kids Ages 7-12 (B Day) Blue, Green & Purple Belts (B) (W)
5:30-6:15 pm	Karate Kids Ages 7-12 (A Day) Yellow and Orange Belts (S)	5:15-6:00 pm	Masters Club All Ranks (W) (S)	5:30-6:15 pm	Karate Kids Ages 7-12 (B Day) Brown Belts and Up (B) (W)
6:15-6:45 pm	Little Dragons Ages 4-6 All Ranks (B)	6:00-6:45 pm	Karate Kids Ages 7-12 (A Day) Brown Belts and Up (S)	6:15-6:45 pm	Super Dragons Ages 4-6 All Ranks (W) (S)
6:45-7:30 pm	Karate Kids Ages 7-12 (A Day) Blue Green & Purple Belts (S)	6:45-7:30 pm	Leadership Program All Ranks	6:45-7:30 pm	Karate Kids Ages 7-12 (B Day) Yellow and Orange Belts (B) (W)
7:30-8:15 pm	Combat Cardio	7:30-8:15 pm	Combat Cardio	7:30-8:15 pm	Combat Cardio
8:15-9:00 pm	Adult Black Belt Training All Ranks (B)	8:15-9:00 pm	Adult Fight Club All Ranks (S)	8:15-9:00 pm	Adult Black Belt Training All Ranks (B)
		9:00-9:30 pm	Instructor Certification Training All Ranks (W)		

Thursday		Friday	Saturday	
4:30-5:15 pm	Karate Kids Ages 7-12 (A Day) Yellow and Orange Belts (S)	Reserved for private lessons, make-up classes, and special events.	10:00-10:30 am	Little Dragons Ages 4-6 All Ranks (B)
5:15-6:00 pm	Masters Club All Ranks		10:30-11:00 am	Super Dragons Ages 4-6 All Ranks (W) (S)
6:00-6:45 pm	Karate Kids Ages 7-12 (A Day) Brown Belts and Up (S)		11:00-11:30 am	Karate Kids Ages 7-12 (A/B Day) White Belts (B) (W)
6:45-7:30 pm	Karate Kids Ages 7-12 (B Day) White Belts (W)		11:30-12:00 pm	Karate Kids Ages 7-12 (A/B Day) Blue Green & Purple Belts (B) (W)
7:30-8:15 pm	Combat Cardio		12:00-12:30 pm	Karate Kids Ages 7-12 (A/B Day) Yellow and Orange Belts (B) (W)
8:15-9:00 pm	Adult Fight Club All Ranks (MMA)			
9:00-9:30 pm	Instructor Certification Training All Ranks (W)			

**When to Bring What:**

Classes marked (B): bring boxing gloves  
Classes marked (W): bring weapon

**When to Bring What:**

Classes marked (S): bring sparring gear  
Classes marked (MMA): bring MMA gloves, shin pads, rash guard