



Reminder: All students MUST reserve classes using the Zen Planner app or the student portal by logging into our website AND check-in at the kiosk before class starts.

7-11yrs Old students can take a 3rd class on Thursday or Saturday (Conditioning).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am - 9am 7:30-9am						Conditioning Class Fighting Class (once a month)
5pm - 5:40pm	Kids Class 4-6yrs old		Kids Class 4-6yrs old		Kids Class 4-6yrs old	
5:45pm - 6:45pm	Intermediate Level Yellow tip & Up 7-11yrs old	Beginner Level White - Blue Belt 7yrs old & Up	Intermediate Level Yellow tip & Up 7-11yrs old		Beginner Level White - Blue Belt 7yrs old & Up	
7pm - 8pm	Beginner Level White - Blue Belt 12yrs old & Up	Intermediate Level Yellow tip & Up 12yrs old & Up	Advance Level Green Belt & Up	(6:30-7:30pm) Conditioning Class	Intermediate Level Yellow tip & Up 12yrs old & Up	

Special classes on Wednesdays and Saturdays are marked in the school calendar.

