



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.

Students MUST attend their respective class 2 or 3 classes a week depending on membership type.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5pm - 5:30pm	Kids Class 4-6yrs old				Kids Class 4-6yrs old	
5:45pm - 6:45pm	Beginner Level White - Yellow Tip 12yrs old & Up		Beginner Level White - Yellow Tip 7yrs old & Up		Beginner Level White - Yellow Tip 7yrs old & Up	
7pm - 8pm	Intermediate Level Yellow Belt & Up		Intermediate Level Yellow Belt & Up		Intermediate Level Yellow Belt & Up	

Conditioning & Special classes on Thursdays and Saturdays are marked in Zen Planner and Website Schedule.



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