



Class Schedule

Martial arts – Group Fitness – Women’s Self Defense

Effective October 1st, 2018

EVENINGS

| M. | T. | W. | Th. | F. |
|---|---|---|---|--|
| 4:30 - 5:00 All 4 - 6 yr olds | | 4:30 - 5:00 All 4 - 6 yr olds | | 4:30 - 5:00 All 4 - 6 yr olds |
| 5:00 - 5:45 Children Belts G / Br / R | 4:50 - 5:35 Family Class Belts G / Br / R | 5:00 - 5:45 Children Belts G / Br / R | 4:50 - 5:35 Family Class Belts G / Br / R | 5:00 - 5:45 Children Belts G / Br / R |
| 5:50 - 6:35 Children Belts W & O | 5:40 - 6:25 Family Class Belts W & O | 5:50 - 6:35 Children Belts W & O | 5:40 - 6:25 Family Class Belts W & O | 5:50 - 6:35 Children Belts W & O |
| 6:40 - 7:40 Adult All Belts Children: DBB & Dans | 6:30 - 7:15 Sparring All ages, ranks | 6:40 - 7:40 Adult All Belts Children: DBB & Dans | 6:30 - 7:30 Demo practice No class Open mat only | 6:40 - 7:40 Adult All Belts Children: DBB & Dans |
| 7:30 - 8:30 Demo practice (Seasonally) | 7:20 - 8:10 Group Fitness | | 7:20 - 8:10 Group Fitness | 7:45 - 8:45 Hit Like A Girl! Women's Self-Defense |

SATURDAY

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| 8:00 - 9:00a Group Fitness |
| 10:00 - 10:45a All Ages All Belts |
| 11:00 - 12:00p BBT Preparation All age, Belts: R / Bl / Dan |

Belt Key

- W = white
- O = orange
- G = green
- Br = brown
- R = red
- Bl or DBB = blue

MORNINGS

| M. | T. | W. | Th. | F. |
|--|--|--|--|--|
| 5:00 - 5:50am Group Fitness | | 5:00 - 5:50am Group Fitness | | 5:00 - 5:50am Group Fitness |
| 6:00 - 6:50am Group Fitness | 6:00 - 7:00am Adult All Belts Martial Arts | 6:00 - 6:50am Group Fitness | 6:00 - 7:00am Adult All Belts Martial Arts | 6:00 - 6:50am Group Fitness |
| 9:30 - 10:30a Adult All Belts Martial Arts | | 9:30 - 10:30a Adult All Belts Martial Arts | | 9:30 - 10:30a Adult All Belts Martial Arts |

Arrive 10 minutes early; warm up and practice while you wait.

Always attend your age-appropriate or rank-appropriate class. To attend a different class, arrange with your instructor before coming.

T&T Karate recommends students attend 2 to 4 classes per week.

Private lessons available for additional fee.