



Dojo Class Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Dojo Dinos Ages 3-5

Trial Course	4:15-4:45	3:45-4:15	4:15-4:45	4:30-5:00	6:30-7:00***	9:00-9:30
Black Belt Club	3:45-4:15	4:15-4:45	3:45-4:15	5:00-5:30	6:30-7:00***	10:15-11:00*

Dojo Dragons Ages 6-12

Trial Course	6:15-7:00	5:30-6:15	6:15-7:00	3:45-4:30	6:30-7:00***	9:30-10:15
Black Belt Club - Beg. & Int.	4:45-5:30	4:45-5:30	5:30-6:15	5:30-6:15*	6:30-7:00***	10:15-11:00*
Black Belt Club - Advanced	5:30-6:15		4:45-5:30	6:15-7:00*	4:15-5:00	11:00-11:45*
Masters Club Advanced	5:30-6:15		4:45-5:30	6:15-7:00*	4:15-5:00	11:00-11:45*

Teens & Adults Ages 13 & Up

Trial Beginners	7:00-7:45	7:00-7:45	7:00-7:45		6:30-7:00***	
Black Belt Beg. Int. & Adv.	7:00-7:45	7:00-7:45	7:00-7:45		6:30-7:00***	
Black Belt Club Sparring				7:00-8:00*		11:00-11:45*
Brazilian Jiu Jitsu	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	8:00-9:00	

Special Classes

ASK Trial	3:00-3:45	3:00-3:45	3:00-3:45	3:45-4:30		
<u>Weapons</u>					5:00-5:45	
<u>1st Degree Black Belt Prep</u>		6:15-7:00			5:45-6:30	
<u>2nd Degree Black Belt Prep</u>		6:15-7:00			5:45-6:30	
Extra Class**						11:45-12:30**
Open Mat***					6:30-7:00***	
Cardio Kickboxing						9:30-10:30
Kids Brazilian Jiu Jitsu	6:15-7:00		7:00-7:45			
Afternoon Brazilian Jiu Jitsu	12:00-1:00		12:00-1:00		12:00-1:00	

* Sparring Class (Must have ALL gear)*

Extra Class typically changes monthly and will be promoted with signs and via email

Open Mat is for students of ALL ages, belt levels, and club levels.

ASK is After School Karate program. Must be enrolled in ASK or have admin permission to attend

Cardio Kickboxing is an adult class.

Jiu Jitsu is a separate program but is included in Masters Program

Underlined classes indicate that students must be in the Masters Program

Beginner & Intermediate classes are for: Novice Belts Gold-Advanced Purple Belts

Advanced and Master's Club classes are for: Blue Belts-Advanced Red Belts

1st Degree Prep classes are for: Brown Belt-Novice Black Belts