

Class	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Champions</b> (4-6 Yrs)	4:30 – 5:00		4:30 – 5:00	4:30 – 5:00	10:00 – 10:30
<b>Basic Kids</b> (7-13 Yrs)	5:00 – 5:30	6:30 – 7:15	5:00 – 5:45	5:45 – 6:30	10:30 – 11:15
<b>Intermediate Kids</b> (7-13 Yrs)	6:30 – 7:15	5:15 – 6:00 <i>(inc. Sparring)</i>	5:45 – 6:30 <i>(inc. Sparring)</i>		
<b>Advanced Kids</b> (7-13 Yrs)					
<b>Blackbelt Prep Class</b>	7:15 – 8:00 <i>(Kids &amp; Adults)</i>		6:30 – 7:15 <i>(Kids 7+)</i>		
<b>Basic Adults</b> (14+ Yrs)	8:00 – 8:45	7:15 – 8:00 <i>then</i>		6:30 – 7:15	12:30 – 1:15
<b>Intermediate Adults</b> (14+ Yrs)		8:00 – 8:45			
<b>Advanced Adults</b> (14+ Yrs)		<i>(Int. &amp; Adv. Sparring)</i>			
<b>Intermediate &amp; Advanced Sparring</b>			7:15 – 8:00 <i>(Adults, 14+)</i>	5:00 – 5:45 <i>(Kids 7+)</i>	
<b>Brazilian Jiu-Jitsu</b>		6:00 – 6:30 <i>(Kids 7+)</i>	8:00 – 8:45 <i>(Adults, 14+)</i>		
<b>Performance Class</b>					11:15 – 12:00
<b>Performance Team</b>					12:00 – 12:30
<b>Leadership Training</b>	5:30 – 6:00				
<b>Catch up Class</b>	6:00 - 6:30				

All students are required to attend at least 2 classes per week,  
 BASIC TRAINING – White, Yellow and Orange  
 INTERMEDIATE TRAINING (Int.) – Purple, Blue and Green  
 ADVANCED TRAINING (Adv.) – Brown Belt and above

WEDNESDAYS & THURSDAYS ARE SPARRING DAYS SO PLEASE REMEMBER CORRECT SAFETY EQUIPMENT.  
 SPARRING KIT IS ALSO REQUIRED FOR 'INTERMEDIATE AND ADVANCED SPARRING' (FRIDAYS 5:00 – 5:45).

The academy reserves the right to alter the class schedule at any time