



733 Middle Country Road, Saint James NY 11780

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Tigers (Ages 4 -7)

Effective 3 March 2019

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tigers			5:15 - 6:00	5:15 - 6:00	5:15 - 6:00	10:30-11:15

Dragons (Ages 8 - 15)

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White	Belt Class 5:30-6:00	Group Class 6:00-6:30	All Belts Group Class 6:00-6:30 Sparring Class 6:30	Group Class 6:00-6:30	Belt Class 6:30-7:00	Group Class 11:15-12:00 Sparring Class 12:00 Tournament 1:30
	Group Class 6:00-6:30	Belt Class 6:30-7:00		Belt Class 6:30-7:00	Group Class 6:00-6:30	
Yellow	Belt Class 5:30-6:00	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Group Class 6:00-6:30	Belt Class 6:30-7:00		Belt Class 6:30-7:00	Group Class 6:00-6:30	
Orange	Belt Class 5:30-6:00	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Group Class 6:00-6:30	Belt Class 6:30-7:00		Belt Class 6:30-7:00	Group Class 6:00-6:30	
Purple	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Belt Class 6:30-7:00	Belt Class 7:00 - 7:30		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Blue	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Belt Class 6:30-7:00	Belt Class 7:00 - 7:30		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Green	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Belt Class 6:30-7:00	Belt Class 7:00 - 7:30		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Brown	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Belt Class 6:30-7:00	Belt Class 7:00-7:30		Belt Class 7:00-7:30	Group Class 6:00-6:30	
BLACK	Group Class 6:00-6:30	Group Class 6:00-6:30		Group Class 6:00-6:30	Belt Class 6:30-7:00	
	Belt Class 6:30-7:00	Belt Class 7:00-7:30		Belt Class 7:00-7:30	Group Class 6:00-6:30	
Tournament		7:30				

ADULTS

BELT	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-8:45		8:00-8:45		-----	-----