



# HYBRID TRAINING SCHEDULE

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>FITNESS CLASS</b> 9:00-10:00a	Private Lessons By Appointment Only	<b>FITNESS CLASS</b> 9:00-10:00a	Private Lessons By Appointment Only	<b>FITNESS CLASS</b> 9:00-10:00a	Private Lessons By Appointment Only
<b>TINY TIGERS ADVANCED</b> 3:30-4:00	<b>TINY TIGERS BEGINNER</b> 3:30-4:00	<b>TINY TIGERS ADVANCED</b> 3:30-4:00	<b>TINY TIGERS BEGINNER</b> 3:30-4:00	Private Lessons By Appointment Only	
<b>LD BEGINNER</b> 4:00-4:35	<b>LEVEL 1</b> 4:00-4:35	<b>LD BEGINNER</b> 4:00-4:35	<b>LEVEL 1</b> 4:00-4:35	Private Lessons By Appointment Only	
<b>LEVEL 1</b> 4:35-5:10	<b>LEVEL 2</b> 4:35-5:15	<b>LD ADVANCED</b> 4:35-5:15	<b>LD BEGINNER</b> 4:35-5:10	<b>LEVEL 2</b> 4:35-5:15	
<b>LEVEL 2</b> 5:15-5:55	<b>LD ADVANCED</b> 5:15-5:55	<b>LEVEL 3</b> 5:15-6:00	<b>LEVEL 2</b> 5:15-5:55	<b>LD ADVANCED</b> 5:15-5:55	<b>SUNDAY</b>
<b>LEVEL 3</b> 6:00-6:45	<b>TEAM ELITE</b> 6:00-6:45	<b>LEVEL 4</b> 6:00-6:50	<b>LEADERSHIP</b> 6:00-6:30	<b>LEVEL 3</b> 6:00-6:45	Private Lessons By Appointment Only
<b>LEVEL 4</b> 6:45-7:35	<b>LEVEL 4</b> 6:45-7:35	<b>ADULTS</b> 7:00-8:00	<b>LEVEL 3</b> 6:30-7:15	Private Lessons By Appointment Only	
<b>ADULTS</b> 7:45-8:45	<b>ADULTS (OPEN WORKOUT)</b> 6:45-7:35	<b>ADULTS ADV</b> 8:00-8:30	<b>LEVEL 4</b> 7:15-8:05	Private Lessons By Appointment Only	

**TINY TIGERS BEGINNER**— (Ages 4-5) WHITE Belts

**TINY TIGERS ADVANCED**— (Ages 4-5) YELLOW through BLACK

**LITTLE DRAGON BEGINNER**—(Ages 6) WHITE & Beg YELLOW

**LITTLE DRAGON ADVANCED**—Int YELLOW, Adv YELLOW, Beg ORANGE, Int ORANGE, Adv ORANGE, & Beg PURPLE

**LEVEL 1**— (Ages 7-13) WHITE Belts

**LEVEL 2**—Beg YELLOW, Adv YELLOW, Beg ORANGE, & Adv ORANGE

**LEVEL 3**—Beg PURPLE, Int PURPLE, Adv PURPLE, Beg BLUE, Adv BLUE, Beg GREEN, & Adv GREEN

**LEVEL 4**—Beg 1ST BROWN, Adv 1ST BROWN, Beg 2ND BROWN, Adv 2ND BROWN, Beg 3RD BROWN, & Adv 3RD BROWN

**MAKE UP CLASSES**—ALL LEVELS MAY ATTEND SAME LEVEL CLASSES FOR MAKE UP CLASSES

**ADULTS**— Junior & Adults learning adult curriculum/ALL Belt Ranks

**FITNESS CLASS** - Teens / Adults only

**Class Schedule**

Starting September 26, 2022