

CLASS SCHEDULE

LITTLE MASTERS • YOUTH • TEEN • ADULT

*Might
For
Right!!!*

LITTLE MASTERS CHILDREN AGES 4–6

- ✓ Builds focus & self-discipline
- ✓ Learn to listen and follow directions
- ✓ Develops confidence & life skills
- ✓ Fun, structured 30-minute classes



**SMALL STEPS
BIG CONFIDENCE**

BELT LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
All Belt Levels	5:00–5:30	5:00–5:30	5:00–5:30	5:00–5:30	—	9:00–9:30

YOUTH PROGRAM AGES 7–11

- ✓ Builds discipline & focus
- ✓ Improves body control and self-defense skills
- ✓ Weapons training, sparring and classical karate
- ✓ Develops leadership skills
- ✓ Multiple experienced black belt instructors



**STRONGER KIDS
BRIGHTER FUTURES**

BELT LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Belt	5:30–6:00	—	5:30–6:00	—	—	9:30–10:00
Gold & Green Str Belt	5:30–6:00	—	5:30–6:00	—	—	9:30–10:00
Green & Purple Str Belt	6:00–6:30	5:30–6:15**	6:00–6:30	—	5:15–6:00**	10:00–10:30
Purple & Blue Str Belt	6:00–6:30	5:30–6:15**	6:00–6:30	—	5:15–6:00**	10:30–11:00
Blue & Red Str Belt	6:00–6:30	5:30–6:15**	6:00–6:30	—	5:15–6:00**	10:30–11:00
Red & Brown Str Belt	—	5:30–6:15** / 6:15–7:00	—	5:30–6:15	6:00–6:45**	11:00–11:45
Brown & 1 Black Str Belt	—	5:30–6:15** / 6:15–7:00	—	5:30–6:15	6:00–6:45**	11:00–11:45
Double Black Stripes	—	5:30–6:15** / 6:15–7:00	7:15–8:00*	5:30–6:15	6:00–6:45**	11:00–11:45
Black Belts	—	7:00–7:45	—	6:15–7:00	6:45–7:30**	11:45–12:30***

TEEN & ADULT PROGRAM AGES 12+

- ✓ Self-defense & practical skills
- ✓ Builds fitness & flexibility
- ✓ Gain confidence & overcome fears
- ✓ Supportive, community-focused environment
- ✓ Classes taught by experienced adult black belt instructors



**LIFELONG SKILLS
A STRONGER YOU**

BELT LEVEL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Belt	6:30–7:10	—	6:30–7:15	—	—	—
Gold & Green Str Belt	6:30–7:10	—	6:30–7:15	—	—	—
Green & Purple Str Belt	6:30–7:10	—	6:30–7:15	—	6:45–7:30**	11:45–12:30***
Purple & Blue Str Belt	7:10–7:50	—	6:30–7:15	—	6:45–7:30**	11:45–12:30***
Blue & Red Str Belt	7:10–7:50	—	6:30–7:15	—	6:45–7:30**	11:45–12:30***
Red & Brown Str Belt	7:10–7:50	—	6:30–7:15	—	6:45–7:30**	11:45–12:30***
Brown & 1 Black Str Belt	7:10–7:50	—	6:30–7:15	—	6:45–7:30**	11:45–12:30***
Double Black Stripes	7:10–7:50	—	6:30–7:15* / 7:15–8:00*	—	6:45–7:30**	11:45–12:30***
Black Belts	—	7:00–7:45	—	6:15–7:00	6:45–7:30**	11:45–12:30***

* Screening Prep (Wed) ** Sparring (Tue & Fri) *** Teen/Adult & Black Belts only — Open Mat (Sat)