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|--------------------------------|
| Little Ninjas Basic (Ages 4-6) |
| Junior Basic (Ages 7 - 12)     |
| Black Belt Club                |
| Black Belt Only                |
| Teen / Adult Only              |
| Zone Fit                       |



| Day / Time      | Monday                         | Tuesday                        | Wednesday                      | Thursday                       | Friday   | Saturday  |
|-----------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--|---|
| 445am - 530am   | Zone Fit                       | Zone Fit                       | Zone Fit                       | Zone Fit                       | Zone Fit   | 445am - 530am   |
| 530am - 615am   | Zone Fit                       | Zone Fit                       | Zone Fit                       | Zone Fit                       | Zone Fit   | 530am - 615am   |
| 615am - 700am   | Zone Fit                       |                                | Zone Fit                       |                                | Zone Fit   | 615am - 700am   |
| 700am - 745am   |                                |                                |                                |                                |  | Zone Fit<br>700am - 745am                             |
| 800am - 845am   | Zone Fit<br>815am - 900am      | Zone Fit<br>815am - 900am      | Zone Fit<br>815am - 900am      | Zone Fit<br>815am - 900am      | Zone Fit<br>815am - 900am  | 800am - 845am   |
| 900am - 945am   |                                |                                |                                |                                |  | Basic ONLY Fun Family<br>(All Ages)<br>900am - 945am  |
| 945am - 1030am  |                                |                                |                                |                                |  | Black Belt Club<br>(All ages/belts)<br>945am - 1030am |
| 1030am - 1115am |                                |                                |                                |                                |  | All Students (Fitness)<br>1030am - 1115am             |
| 1115am - 1200pm |                                |                                |                                |                                |  | 1115am - 1200pm                                       |
| 1215pm - 100pm  |                                |                                |                                |                                |  | 1215pm - 100pm  |
| 100pm - 200pm   |                                |                                |                                |                                |  | 100pm - 200pm   |
| 200pm - 300pm   |                                |                                |                                |                                |  | 200pm - 300pm   |
| 300pm - 400pm   |                                |                                |                                |                                |  | 300pm - 400pm   |
| 400pm - 430pm   | Little Ninjas Basic (Ages 4-6) | Little Ninjas Basic (Ages 4-6) | Little Ninjas Basic (Ages 4-6) | Little Ninjas Basic (Ages 4-6) | Basic ONLY Fun Family<br>(All Ages)                              | 400pm - 430pm   |
| 430pm - 515pm   | Junior Basic (Ages 7 - 12)     | Black Belt Club                | Junior Basic (Ages 7 - 12)     | Black Belt Club                | Black Belt Club Sparring<br>(gear required)                      | 430pm - 515pm   |
| 515pm - 600pm   | Black Belt Club                | Junior Basic (Ages 7 - 12)     | Black Belt Club                | Junior Basic (Ages 7 - 12)     | Black Belt Prep Class<br>(Blue Belt and up and black belts only) | 515pm - 600pm   |
| 600pm - 645pm   | Black Belt Only                | Black Belt Only                | Black Belt Only                | Black Belt Club                | Black Belt Club<br>Weapons/ Demo Team                            | 600pm - 645pm   |
| 645pm - 730pm   | Zone Fit                       | Teen / Adult Only              | Zone Fit                       | Teen / Adult Only              |  | 645pm - 730pm   |
| 730pm - 815pm   |                                | Zone Fit                       |                                | Zone Fit                       |  | 730pm - 815pm   |