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# SPRING 2025

Help stop the spread of flu and colds: Wash hands / Sanitize

Stay updated and connected!



	M	T	W	Th	F	S
3:45				*3:30pm advanced		9am - 10am Saturday all belt
4:15				4:30 - 5pm		
5:00						
5:45			<u>COMBINED</u> ADVANCED & BLACK BELT TRAINING 5:45PM to 7:30pm			
6:30						

\*Adv. Blue Belts and higher: line up with sparring gear

= Beginner Juniors White, Orange, Gold, & Green  
 = Intermediate Juniors Purple, Blue, Adv.Blue, & Brown  
 = Advanced Juniors Adv.Brown, Red, Adv.Red, & Candidate  
 = Adult All Belt

\*All Heroes classes are 30 minutes, and all other classes are 45 minutes, except for the 6:30pm classes and Saturday class, which are 1 hour.