



WWW.elevateFAMILYmartialARTS.com

Spring 2024 Schedule

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

Stay updated and connected!



	M	T	W	Th	F	S
3:45						9am - 10am Saturday all belt
4:15						
5:00						
5:45						
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.