

POWER BLACK BELT ACADEMY SCHEDULE

Beginner Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday am
Tiny Tiger Basic White-Yellow	5:00-5:30		5:00-5:30		5:00-5:30	9:30-10:00
Karate for Kids Ba- sic White-Yellow	5:40-6:20		5:40-6:20		5:40-6:20	10:10-10:50
Adult Basic White-Yellow	7:30-8:30		7:30-8:30		7:30-8:30	

Intermediate & Advanced Color Belt Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday am
Tiny Tiger BBC Intermediate	5:00-5:30		5:00-5:30		5:00-5:30	9:30-10:00 Sparring
Kids Sparring Camo-Black						11:00-11:40
Kids Intermediate Camo-Blue		5:40-6:20	4:15-4:55	5:40-6:20		12:00-12:40
Kids Advanced Brown-1R		5:40-6:20	4:15-4:55	5:40-6:20		12:00-12:40
Adult Intermediate Camo-Blue	7:30-8:30		7:30-8:30		7:30-8:30 Sparring	11:00-12:00 Mixed Rank
Adult Advanced Brown-1R		7:30-8:30		7:30-8:30	7:30-8:30 Sparring	11:00-12:00 Mixed Rank
ALL Ranks & Ages: FIT TEST & Black Belt Assessment			FT 6:30-7:00 BBA 7:00-7:25			

Weapons Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday am
Kids All Ranks		5:00-5:30		XMA All 6:30-7:10		
Adults All Ranks	6:45-7:15					

Black Belt Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday am
Kid Black Belts 1D & 2D	5:40-6:20		5:40-6:20		5:40-6:20	12:00-12:40 Mixed Rank
Adult Black Belts 1D & Up	6:30 - 7:30	7:30-8:30		7:30-8:30	7:30-8:30 sparring	11:00-12:00 Mixed Rank

Instructor Leadership Program

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday am
Kids All Ranks		6:30-7:10	ILP Weapons 6:30-7:10			
Adults All Ranks		6:30-7:20				

Schedule effective 08/15/2011. The schedule is subject to change due to class size, belt testings, tournaments, holidays, and other special events. Please check the latest Newsletter for scheduled events.