



## ***Bay Ridge Class Schedule***

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday (Sparring Day)</b>	<b>Friday</b>	<b>Saturday</b>
Private Lessons Available !	Fitness Kick boxing 9:00-10:00am Sign in at Desk	Private Lessons Available !	Fitness Kick boxing 9:00-10:00am Sign in at Desk	Private Lessons Available !	Grappling LEVEL1&2 10:00 - 11:00am
Little Dragons 5 - 6 yrs 4:30 - 5:00pm	Tiny Tigers 3 - 4 yrs 4:00 - 4:30pm Sign in at desk	Little Dragons 5 - 6 yrs 4:30 - 5:00pm	Tiny Tigers 3 - 4 yrs 4:00 - 4:30pm Sign in at desk	Black Belt Club Weapons 4:30- 5:15pm	Ladies only! Fitness Kickboxing 11:00am-12:00
Kids 7 - 12 yrs All Belts 5:00 - 5:45pm	Kids 7 - 12 yrs Wht/Yel/Org 4:30 - 5:15pm	Kids 7 - 12 yrs All Belts 5:00 - 5:45pm	Kids 7 - 12 yrs Wht/Yel/Org 4:30 - 5:15pm	Demo Team Training 5:15 -6:00pm	Tigers/ Dragons 3-6 yrs 12:00 - 12:30
Kids Kick Boxing 7 - 12 yrs 5:45 - 6:30pm	Kids 7-12 yrs Prl/Blue/Grn 5:15 - 6:00pm	Kids Grappling 7 - 12 yrs 5:45 - 6:30pm	Kids 7 - 12 yrs Prl/Blue/Grn 5:15 - 6:00pm	Dragons Demo Team Training 6:00- 6:30pm	Kids 7 - 12 yrs All Belts 12:30 - 1:15pm
Leadership Team Training 6:30 - 7:00pm	Adv Kids 7-12 yrs Brw/Red/BB 6:00 - 7:00pm	Competition Team Training 6:30 - 7:00pm	Adv Kids 7-12 yrs Brw/Red/BB 6:00 - 7:00pm	Black Belt Curriculum Training 6:30 - 7:30pm	Black belt Club Acrobatics 1:15 - 2:00pm
Fitness Kickboxing 7:00 - 8:00pm Ladies only!	Fitness Kickboxing 7:00 - 8:00pm Ladies only!	Fitness Kickboxing 7:00 - 8:00pm Ladies only!	Fitness Kickboxing 7:00 - 8:00pm Ladies only!	Special Seminars/Events 7:00 - 10:00pm	<b>Staff Meeting 2:00-3:00pm</b>
Grappling LEVEL-1 8:00 - 9:00pm	Kick Boxing LEVEL-1 8:00 - 9:00pm	Grappling LEVEL-2 8:00 - 9:00pm	Kick Boxing LEVEL 1&2 8:00 - 9:00pm		<b>Birthday Parties Available after 3:30pm!</b>

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