

Class Schedule - Rancho Bernardo

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYTIME CLASSES					
Age Groups: Tiny Tiger: 4-6 yrs Youth: 7-12 yrs Teens/Adults: 13+		Private lessons available before classes.			Little Champions age 4-6 9:30-10am
					Kids age 7-12 10:15-11:00AM
					Black Belt Training 15 minutes
					Teen/Adult 11:15-12PM
AFTERNOON/ EVENING CLASSES					
Little Champions age 4-6 3:45-4:15PM	Little Champions age 4-6 3:45-4:15PM	Little Champions age 4-6 3:45-4:15PM	Little Champions age 4-6 3:45-4:15PM	Little Champions age 4-6 3:45-4:15PM	
Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	
Kids age 7-12 4:30-5:15PM	Kids age 7-12 4:30-5:15PM	Kids age 7-12 4:30-5:15PM	Kids age 7-12 4:30-5:15PM	Kids age 7-12 4:30-5:15PM	
Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	
Little Champions age 4-6 5:30-6:00PM	Little Champions age 4-6 5:30-6:00PM	Little Champions age 4-6 5:30-6:00PM	Little Champions age 4-6 5:30-6:00PM	Little Champions age 4-6 5:30-6:00PM	
Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	Black Belt Training 15 minutes	
Kids age 7-12 6:15-7:00PM	Kids age 7-12 6:15-7:00PM	Premier/ Leadership Training 6:15-7:15PM	Kids age 7-12 6:15-7:00PM	Kids age 7-12 6:15-7:00PM	
Black Belt Training 15 minutes	Black Belt Training 15 minutes		Black Belt Training 15 minutes	Black Belt Training 15 minutes	
Teens/ Adult Karate 7:15-8:00PM	Teens/ Adult Muay Thai 7:15-8:00PM	Teens/ Adult Karate 7:15-8:00PM	Teens/ Adult Muay Thai 7:15-8:00PM		