



CLASS SCHEDULE

Kelso, WA

Effective May 1, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tinny Champions (3-5)						
Little Champions (5-7 year olds)		4:45 – 5:15		4:45 – 5:15		
Youth White Belt (8-12 year olds)		4:14 – 4:45		4:14 – 4:45		
Youth Basic Training (8-12 year olds)		5:15 – 5:45		5:15 – 5:45		
Youth Int. Black Belt Training		5:45 – 6:30		5:45 – 6:30		
Youth Adv. Black Belt Training						
Premier Training (FORMS)						
Leadership Training						
Teen / Adult		6:30 – 7:30		6:30 – 7:30		
Premier Training (BJJ)		7:30 – 8:15		7:30 – 8:15		

Class Descriptions:

Tinny Champions- for real basic 3-5 year old children

Little Champions – for beginning 5 to 7 year old children

Basic Training – for beginning junior students, ranks white, yellow and orange

Intermediate Black Belt Training – for junior students that are the ranks of purple, blue and green belts that have committed to Black Belt Excellence

Advanced Black Belt Training – for junior students that are the ranks of brown and red belts that have committed to Black Belt Excellence.

Teen/Adult Basic Training – for beginning adult students' levels white, yellow and orange

Teen/Adult Black Belt Training – for teen and adult students that are white, yellow and orange belts that have committed to Black Belt Training

Teen/Adult Premier Training – for students that have committed to Premier Training and are working toward their First Degree Black Belt. Includes forms training and BJJ