



CLASS SCHEDULE

Woodland, WA

Effective September 7, 2009

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Champions (5-7 year olds)	5:00 – 5:30	No Class	5:00 – 5:30	No Class		
Youth Basic Training (8-12 year olds)	5:30 – 6:00	No Class	5:30 – 6:00	No Class		
Youth Int. Black Belt Training	4:15 – 5:00	4:15 – 5:00	4:15 – 5:00	4:15 – 5:00		
Youth Adv. Black Belt Training	4:15 – 5:00	4:15 – 5:00	4:15 – 5:00	4:15 – 5:00		
Premier Training (Demo Team)					5:00 – 5:45 As scheduled	
Leadership Training					5:45 – 6:15 As scheduled	
Teen / Adult	6:30 – 7:30	No Class	6:30 – 7:30	No Class		
Premier Training (BJJ)	7:30 – 8:15	No Class	7:30 – 8:15	No Class		

Class Descriptions:

Tiny 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