

MARTIAL ARTS SCHEDULE

DAY	4.00	4.00	5.00	6.00	6.00	7.00	7.00	8.00	8.00
MON	After School Level 1	Kids Brazilian Jiu Jitsu	Level 1 Tigers	Level 1 Teens	Level 2 & 3 – Sport Taekwondo	Level 2 & 3 – Curriculum Taekwondo	Adult Fitness Class	Sport TKD for Team Members	Adult TKD
TUES	Private Lessons with FTC Black Belts	Private Lessons with FTC Black Belts	Level 1 Dragons	Little Dragons Class	Judo for Kids	Sport TKD for Team Members	Judo Main Session	Brazilian Jiu Jitsu	
WED	After School Level 1	Kids Brazilian Jiu Jitsu	Level 1 Tigers	Level 1 Teens	Level 2 & 3 – Curriculum Taekwondo	Level 2 & 3 – Sport Taekwondo	Adult Fitness Class	Sport TKD for Team Members	Adult TKD
THURS	Private Lessons with FTC Black Belts	Private Lessons with FTC Black Belts	Level 1 Dragons	Little Dragons Class	Judo for Kids	Sport TKD for Team Members	Judo Main Session	Brazilian Jiu Jitsu	
FRI			Olympic Friday – Session 1	Olympic Friday – Session 2	Olympic Friday – Session 2B	Olympic Friday – 14years and Up	Adult Fitness Class		

TAEKWONDO Please highlight the hours that correspond to you so that you may have a good understanding of the weekly schedule. For Level 2 and Level 3 Students (that is; Green, Blue, Red, Jr. Black and Black Belts), please notice that sessions are now separated from sport and curriculum (6 and 7pm). Those students in this Level may choose either hour that he/she prefers or even both. **JUDO** is available for all students in the school. Judo classes have a flat rate for Judo students but have a reduced rate for students already involved in TAEKWONDO and vice versa. JUDO meets Tuesdays, Thursdays and Saturdays at their corresponding time. **BRAZILIAN JIU JITSU** These classes meet at 8 on Tuesdays and Thursdays. BJJ classes have a flat rate for BJJ Students but have a reduced rate for current students that want to participate. A Jr. BJJ early session is currently in the works. **PRIVATES** are offered during at 4pm on Tuesdays, Thursdays and Fridays. PRIVATES are a one-on-one personal session with an advanced Black Belt. Rates depend on the instructor and are usually based on a 50 minute session. We Are Open Saturdays – Please check with your discipline’s program director for information on Saturday sessions.