



CLASS SCHEDULE

EFFECTIVE: July 20, 2026

We offer classes for all ages and skill levels. Find the program that's right for you!

	PROGRAM	TIME	DAYS
	TINY TIGERS Ages 4-5 · All belt levels train together in this class.	5:20 - 5:50 PM 30 MINUTES	 Monday, Wednesday & Friday
	WHITE BELT Ages 6+ · New students & free trials start here.	6:00 - 6:40 PM 40 MINUTES 5:20 - 6:00 PM 40 MINUTES	 Monday & Thursday  Tuesday
	YELLOW BELT & SUPER YELLOW BELT Ages 6+	6:00 - 6:40 PM 40 MINUTES 5:20 - 6:00 PM 40 MINUTES	 Tuesday & Wednesday  Thursday
	TEEN & ADULT / FAMILY Ages 12+ · All belt levels welcome.	6:40 - 7:20 PM 40 MINUTES	 Monday, Wednesday & Thursday

★ All new students and free trials **begin in the White Belt class.**

YOUR FIRST CLASS IS
FREE!

**SCAN TO
GET STARTED**



**Saturdays reserved for appointments, birthday parties, and special events.*