

2009 Weekly Schedule

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
ASP 4:00- 5:00 pm	ASP 4:00- 5:00 pm	ASP 4:00- 5:00 pm	ASP 4:00- 5:00 pm		Children 10:30- 11:30 am
Little Ninjas 5:30 – 6:15 pm	Little Ninjas 5:30 – 6:15 pm	Little Ninjas 5:30 – 6:15 pm	Little Ninjas 5:30 – 6:15 pm		GOLD program 11:30- 12:00 am
Introductory white to yellow 6:15- 7:00 pm	Introductory white to yellow 6:15- 7:00 pm	Introductory white to yellow 6:15- 7:00 pm	Introductory white to yellow 6:15- 7:00 pm	Private Lessons	Adults 12:00-1:30 pm
Intermediate green stripe & up 7:00- 8:00 pm	Intermediate green stripe & up 7:00- 8:00 pm	Intermediate green stripe & up 7:00- 8:00 pm	Intermediate green stripe & up 7:00- 8:00 pm	Private Lessons	
Black Belt Club 8:00-9:00 pm	Adults 8:00 – 9:15 pm	Family 8:00-9:00 pm	Adults 8:00 – 9:15 pm	Private Lessons	