



"Creating Tomorrows Leaders...One Black Belt At A Time"

(708) 362 0910



Regular Classes

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiny Tiger Basic Ages 3-6 Yrs		5:15-5:45	3:45-4:15	5:15-5:45	4:00 - 4:30	9:15-9:45
Tiny Tigers Black Belt Club Ages 3-6		5:15-6:00	3:30-4:15	5:15-6:00	3:45 - 4:30	9:00-9:45
Tiny Tiger Leadership Ages 3-6 Yrs		No Class	4:15-4:45	6:45 - 7:15	6:00- 6:30	No Class
Juniors Basic		No Class	No Class	5:15-5:45	6:30-7:00	9:45-10:15
Juniors Black Belt Club		6:00-6:45	5:30-6:15	4:30-5:15	4:30-5:15	10:15-11:00 Spar 11:00-11:30
Juniors Leadership		6:45-7:15	4:15-4:45	6:45-7:15	6:00-6:30	No Class
Black Belts		4:30-5:15	4:45-5:30 5:30-6:15	6:00-6:45	5:15-6:00	11:30-12:15 Spar 11:00-11:30
Adults Basic		7:15-7:45	6:15-7:00	7:15-7:45	No Class	12:15-12:45
Adults Black Belt Club		7:15-8:00	6:15-7:00	7:15-8:00	No Class	12:15-1:00
Adult Black Belts		7:15-8:00	6:15 - 7:00	7:15-8:00	No Class	12:15-1:00
Adult Leadership		6:45-7:15	4:15 - 4:45	6:45-7:15	6:00-6:30	No Class

Special Training

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Competition Class						11:00-11:30
Demo Class				6:45-7:15		
Red Stripe Instruction Class			7:15-7:45			
1st Weds. of Month						