

上地流

CLASS SCHEDULE

Effective January 3rd, 2017

Private and Introductory classes are scheduled by appointment.

Check out our Monthly Calendar for listings of *Special Training Classes* and *Birthdays*.

武徳会

MONDAY

- 4:15 - 5:00 Junior Beginner's Class (Dojo Two)
- 5:00 - 5:30 Beginner Weapon's Class (Dojo Two)
- 5:30 - 6:15 Junior Intermediate Class (Dojo Two)
- 5:30 - 6:30 Junior and Teen Advanced Class (Dojo One)
- 6:30 - 7:15 Demo Team Practice (Dojo Two)
- 6:30 - 7:30 Adult Beginner Class (Dojo One)
- 7:30 - 8:30 Adult Advanced Class (Dojo One)

WEDNESDAY

- 4:15 - 5:00 Junior Beginner's Class (Dojo Two)
- 5:00 - 5:30 Beginner Weapon's Class (Dojo Two)
- 5:30 - 6:15 Junior Intermediate Class (Dojo Two)
- 5:30 - 6:30 Junior and Teen Advanced Class (Dojo One)
- 6:30 - 7:15 Advanced Weapon's Class (Dojo Two)
- 6:30 - 7:30 Adult Beginner's Class (Dojo One)
- 7:30 - 8:30 Adult Intermediate/Advanced Class (Dojo One)

FRIDAY

- 4:30 - 5:15 Junior Intermediate Class (Dojo One-Including Sparring)
- 4:30 - 5:15 Junior Beginner's Class (Dojo Two)
- 6:30 - 7:00 Advanced Weapon's Class (Dojo Two - Except on Kyu Test Days)
- 7:00 - 8:00 Adult Beginner's Class (Dojo Two)
- 7:00 - 8:00 Adult Class (Dojo One-Including Sparring)

TUESDAY

- 11:30 - 12:30 Adult Advanced Class
- 4:30 - 5:15 Junior Intermediate Class (Dojo One)
- 4:30 - 5:30 Adult Intermediate/Advanced Class (Dojo Two)
- 5:30 - 6:15 Junior Beginner's Class (Dojo One)
- 5:30 - 6:15 Teen Beginner/Intermediate Class (Dojo Two)
- 6:30 - 7:30 Teen Advanced Class (Dojo One)
- 6:30 - 7:30 Junior Advanced Class (Dojo Two)
- 7:30 - 8:30 Adult Intermediate/Advanced Class (Dojo One)
- 7:30 - 8:30 Adult Beginner's Class (Dojo Two)

THURSDAY

- 11:30 - 12:30 Adult Advanced Class
- 4:30 - 5:15 Junior Intermediate Class (Dojo One-Including Sparring)
- 4:30 - 5:30 Adult Intermediate/Advanced Class (Dojo Two-Including Sparring)
- 5:30 - 6:15 Junior Beginner's Class (Dojo One)
- 5:30 - 6:15 Teen Beginner/Intermediate Class (Dojo Two)
- 6:30 - 7:30 Teen Advanced Class (Dojo One-Including Sparring)
- 6:30 - 7:30 Junior Advanced Class (Dojo Two-Including Sparring)
- 7:30 - 8:30 Adult Advanced Class (Dojo One)
- 7:30 - 8:30 Adult Beginner/Intermediate Class (Dojo Two)

SATURDAY

- 10:00 - 10:45 Junior Intermediate Class (Including Sparring)
 - 11:00 - 12:00 Adult Advanced Class
- *Adult Beginner and Junior Beginner Classes available by appointment*