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CLASS SCHEDULE

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Private and Introductory classes are scheduled by appointment.

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

MONDAY

- 4:30 - 5:15 Junior Beginner's Class
- 5:30 - 6:00 Junior Weapon's Class (Dojo Two)
- 6:00 - 6:45 Junior Intermediate Class (Dojo Two)
- 6:00 - 7:00 Junior Advanced Class (Dojo One)
- 7:00 - 7:45 Demo Team Practice (Dojo Two)
- 7:30 - 8:30 Adult Advanced Class (Dojo One)

Adult Beginner Classes available by appointment

TUESDAY

- 10:45 - 11:30 Adult Weapon's Class
- 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 - 6:00 S.T.O.R.M. Training Class (Dojo One)
- 6:00 - 6:45 Junior Beginner's Class (Dojo Two)
- 6:00 - 7:00 Teen Intermediate/Advanced Class (Dojo One)
- 7:00 - 7:30 Assistant Instructor's Training Class (Dojo One)
- 7:30 - 8:30 Teen/Adult Beginner's Class (Dojo Two)
- 7:30 - 8:30 Adult Intermediate/Advanced Class (Dojo One)

WEDNESDAY

- 4:30 - 5:15 Junior Beginner's Class
- 5:30 - 6:00 Junior Weapon's Class
- 6:00 - 6:45 Junior Intermediate Class (Dojo Two)
- 6:00 - 7:00 Junior Advanced Class (Dojo One)
- 7:00 - 7:30 Adult Weapon's Class (Dojo Two)
- 7:30 - 8:30 Adult Intermediate/Advanced Class (Dojo One)

Adult Beginner Classes available by appointment

THURSDAY

- 11:30 - 12:30 Adult Advanced Class
- 4:30 - 5:15 Junior Intermediate Sparring Class (Dojo One)
- 4:30 - 5:30 Adult Intermediate/Advanced Class (Dojo Two-Including Sparring)
- 5:30 - 6:00 S.T.O.R.M. Training Class (Dojo One)
- 6:00 - 6:45 Junior Beginner's Class (Dojo Two)
- 6:00 - 7:00 Teen Intermediate/Advanced Sparring Class (Dojo One)
- 7:00 - 7:30 Assistant Instructor's Training Class (Dojo One)
- 7:30 - 8:30 Teen/Adult Beginner's Class (Dojo Two)
- 7:30 - 8:30 Adult Intermediate/Advanced Class (Dojo One)

FRIDAY

- 4:30 - 5:15 Junior Intermediate Sparring Class (Dojo One)
- 4:30 - 5:30 Adult Intermediate/Advanced Class (Dojo Two)
- 5:30 - 6:00 Junior Weapon's Class (Dojo Two)
- 6:00 - 6:45 Junior Beginner's Class (Dojo One)
- 7:00 - 7:30 Adult Weapon's Class (Dojo Two)
- 7:30 - 8:30 Adult Beginner's Class (Dojo Two)
- 7:30 - 8:30 Adult Class (Dojo One-Including Sparring)

SATURDAY

- 10:00 - 10:45 Junior Intermediate Sparring Class
- 10:45 - 11:15 S.T.O.R.M. Training Class
- 10:45 - 11:15 Assistant Instructor's Training Class
- 11:00 - 12:00 Adult Advanced Class
- 11:15 - 12:00 Junior Beginner Class

Adult Beginner Classes available by appointment