



CLASS SCHEDULE

Mount Juliet
Effective May 26, 2016

BELT LEVEL	A - Day MONDAY	A - Day TUESDAY	B - Day WEDNESDAY	B - Day THURSDAY	A - Day FRIDAY	B - Day SATURDAY
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LITTLE DRAGONS (4-6) – Actual Class Placement To Be Determined By Instructors

White — Jr Orange	4:45 6:00	1:15 4:00	4:45 6:00	1:15 4:00	4:00	9:30 am
Orange — Purple		1:15 4:30		1:15 4:30	6:00	9:00 am
Jr Green — Brown		1:15 5:15		1:15 5:15	6:00	9:00 am

CHILDREN (6-9) – Actual Class Placement To Be Determined By Instructors

White — Orange	4:00	12:30 6:45	4:00	12:30 6:45	4:30	10:00 am
Blue — Green	5:15	12:30	5:15	12:30	6:45	10:45 am
Brown Cand. — Black	6:30	12:30 6:00	6:30	12:30 6:00	6:45	10:45 am

Juniors (9-14) – Actual Class Placement To Be Determined By Instructors

White — Blue		11:30 am 7:30 pm		11:30 am 7:30 pm	7:30	11:30 am
Purple — Black	6:30	11:30 am	6:30	11:30 am	7:30	11:30 am

Teens & Adults (15 & Up) – Actual Class Placement To Be Determined By Instructors

White — Black	7:15	11:30 am	7:15	11:30 am	7:30	11:30 am
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DEMO TEAM PRACTICE

TEAM MEMBERS					5:15	
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* Graduation Ceremonies are held on the 2nd Friday of each month (unless otherwise posted).

A-DAY is instruction in Basics, Kata, and Self-Defense
B-DAY is instruction in Kiso Katas, Sparring, and Reaction Drills.