










TRAINING SCHEDULE

Effective 02/25/2025

TEAM	MON	TUES	WED	THUR	FRI	SAT
 Transported Afterschool	3:30-4:00 PM	3:30-4:00 PM	3:30-4:00 PM	3:30-4:00 PM	3:30-4:00 PM	RESERVED FOR PRIVATE LESSONS, BIRTHDAY PARTIES, & SPECIAL EVENTS
 Beginner-Green 4-6 YO	4:00-4:30 PM	4:30-5:00 PM	4:00-4:30 PM	4:30-5:00 PM	4:00-4:30 PM	
 Blue-Black Belt 4-6 YO	4:30-5:00 PM	4:00-4:30 PM	4:30-5:00 PM	4:00-4:30 PM	4:30-5:00 PM	
 White-Sr Yellow 7-12YO	5:00-5:45 PM	5:45-6:30 PM	5:00-5:45 PM	5:45-6:30 PM	5:00-5:45 PM	
 Green-Blue 7-12 YO	6:30-7:15 PM	5:00-5:45 PM	6:30-7:15 PM	5:00-5:45 PM	5:45 - 6:30 PM	
 Red-Brown 7-12 YO	5:45-6:30 PM	6:30-7:15 PM	5:45-6:30 PM	6:30-7:15 PM	5:45 - 6:30 PM	
 Black Belts 7-12 YO	5:45-6:30 PM	6:30-7:15 PM	5:45-6:30 PM	6:30-7:15 PM	5:45 - 6:30 PM	
TEENS & ADULTS All ranks 13+ YO	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM		



Schedule your **FREE** trial class!



Download our app: "Spark Member" School: 4843

