



# Courage Martial Arts

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**EFFECTIVE APRIL 16, 2018**

	<u>Level 1</u> <i>White/Camo Belt</i>	<u>Level 2</u> <i>Gold Belt</i>	<u>Level 3</u> <i>Green &amp; G/S</i>	<u>Level 4</u> <i>Blue &amp; B/S</i>	<u>Level 5</u> <i>Red &amp; R/S</i>
<b>SUNDAY</b>	2:50 - 3:20	3:25 - 3:55	6:20 - 6:50	5:45 - 6:15	4:35 - 5:05
<b>MONDAY</b>	5:45 - 6:15	5:45 - 6:15	4:35 - 5:05	6:55 - 7:25	5:10 - 5:40
<b>TUESDAY</b>	*	5:10 - 5:40	6:20 - 6:50	4:35 - 5:05	6:55 - 7:25
<b>WEDNESDAY</b>	6:20 - 6:50	4:00 - 4:30	*	5:45 - 6:15	*
<b>THURSDAY</b>	4:35 - 5:05	*	5:10 - 5:40	*	7:30 - 8:00
	<u>Level 6</u> <i>Brown &amp; Br/St</i>	<u>Jr. Kicker 1</u> <i>4-6 (wh-gr)</i>	<u>Jr. Kicker 2</u> <i>4-6 (blue-br)</i>	<u>Adults</u> <i>All Adults</i>	<u>Black Belts</u> <i>All Black Belts</i>
<b>SUNDAY</b>	4:00 - 4:30	5:10 - 5:40	5:10 - 5:40	7:30 - 8:00(cardio)	6:50 - 7:30 (Weapons)
<b>MONDAY</b>	*	4:00 - 4:30	4:00 - 4:30	7:30 - 8:00	6:20 - 6:50
<b>TUESDAY</b>	5:45 - 6:15	*	*	7:30 - 8:00	*
<b>WEDNESDAY</b>	4:35 - 5:05	5:10 - 5:40(Badge)	6:20 - 6:50(Badge)	7:30 - 8:00	6:55 - 7:25
<b>THURSDAY</b>	6:55 - 7:25	5:45 - 6:15	5:45 - 6:15	6:20 - 6:50(Family)	4:00 - 4:30(Br/St welcome)

**Family Class (Adult students & their kids - all levels)**

Thursday 6:20 - 6:50

**Black Belt / BB Candidate Workout**

2 hour class: dates to be announced

**Junior Kicker 1 (4-6 y/o) White, Gold, Green Belts**

**Junior Kicker 2 (4-6 y/o) Blue, Red, Brown Belts**

**Pre-School 1 and 2 (2 sessions/yr.)**

Saturday 8:30-9:00 / 9:00 - 9:30 / 9:45 - 10:15

<u>SUNDAY</u>		<u>MONDAY</u>		<u>TUESDAY</u>	
2:50 - 3:20	Level 1	4:00 - 4:30	Junior Kickers	4:00 - 4:30	*
3:25 - 3:55	Level 2	4:35 - 5:05	Level 3	4:35 - 5:05	Level 4
4:00 - 4:30	Level 6	5:10 - 5:40	Level 5	5:10 - 5:40	Level 2
4:35 - 5:05	Level 5	5:45 - 6:15	Level 1 / Level 2	5:45 - 6:15	Level 6
5:10 - 5:40	Junior Kickers	6:20 - 6:50	Black Belts	6:20 - 6:50	Level 3
5:45 - 6:15	Level 4	6:55 - 7:25	Level 4	6:55 - 7:25	Level 5
6:20 - 6:50	Level 3	7:30 - 8:00	Adults	7:30 - 8:00	Adults
6:50 - 7:30	Black Belts (Weapons)				
7:30 - 8:00	Cardio (14 y/o and up)				
<u>WEDNESDAY</u>		<u>THURSDAY</u>			
4:00 - 4:30	Level 2	4:00 - 4:30	Black Belts (Brown Stripes welcome)		
4:35 - 5:05	Level 6	4:35 - 5:05	Level 1		
5:10 - 5:40	Junior Kickers 1 (Badge)	5:10 - 5:40	Level 3		
5:45 - 6:15	Level 4	5:45 - 6:15	Junior Kickers		
6:20 - 6:50	Level 1 / Junior Kicker 2 (Badge)	6:20 - 6:50	Family Class (All Levels)		
6:55 - 7:25	Black Belts	6:55 - 7:25	Level 6		
7:30 - 8:00	Adults	7:30 - 8:00	Level 5		