

## Nor' wood Branch Schedule

Effective June 1<sup>st</sup>, 2010

Monday	1:00 - 2:00	Home School Class -- All Ranks
	4:30 - 5:15	All Ranks & Ages
	5:15 - 6:00	Peewee, Jr., Adult -- White/Yellow/Orange/Purple/Blue
	6:00 - 6:30	Leadership Class -- Leadership Students Only
	6:30 - 7:30	Junior -- Blue/Green/Brown/Black
	6:30 - 7:30	Kardio Kickboxing
	7:30 - 8:30	Adults -- All Ranks
Tuesday	6:00 a.m.	Men's Karate
	9:30 - 10:30 a.m.	All Ranks & Ages
	4:30 - 5:15	All Ranks & Ages
	5:15 - 6:00	Peewee, Jr., Adult -- White/Yellow/Orange/Purple/Blue
	6:00 - 6:30	Leadership Class -- Leadership Students Only
	6:00 - 6:45	Kempo Kardio
	6:30 - 7:30	Junior -- Blue/Green/Brown/Black
7:30 - 8:30	Adults -- All Ranks	
Wednesday	1:00 - 2:00	Home School Class -- All Ranks
	4:30 - 5:15	All Ranks & Ages
	5:15 - 6:00	Peewee, Jr., Adult -- White/Yellow/Orange/Purple/Blue
	6:00 - 6:30	Leadership Class -- Leadership Students Only
	6:00 - 6:30	Flex - a - bility
	6:30 - 7:30	Junior -- Blue/Green/Brown/Black
	6:30 - 7:30	Kardio Kickboxing
7:30 - 8:30	Adults -- All Ranks	
Thursday	6:00 a.m.	Men's Karate
	9:30 - 10:30 a.m.	All Ranks & Ages
	4:30 - 5:15	All Ranks & Ages
	5:15 - 6:00	Peewee, Jr., Adult -- White/Yellow/Orange/Purple/Blue
	6:00 - 6:30	Leadership Class -- Leadership Students Only
	6:30 - 7:30	Junior -- Blue/Green/Brown/Black
	7:30 - 8:30	Adults -- All Ranks
Friday (See calendar)	5:00 - 5:45	9 & Under Sparring, Weapons, or Grappling
	5:45 - 6:30	10 & Over Sparring, Weapons, or Grappling
	6:30 - 7:30	Advanced Training - <u>Excluding Testing Night</u>
	6:30 - 7:30	H.I.T. Fitness
Saturday (See calendar)	9:00 - 10:30 a.m.	Kardio Kickboxing
	10:45 - 11:30 a.m.	All Ranks & Ages