



CLASS SCHEDULE

MONDAY

5:15 – 6:00
Beginner Youth

6:15 – 7:45
Black Belts

7:45 – 8:30
Adults

TUESDAY

5:30 – 6:15
Beginner Youth

5:30 – 6:00
Tiny Tiger & Dragons

6:15 – 7:00
Intermediate Youth

7:00 – 7:45
Advanced Youth

7:00 – 7:45
Black Belts

7:45 – 8:30
Adults

WEDNESDAY

5:30 – 6:15
Brown and Red

6:30 – 7:30
Family Class
All Ranks Youth and Adult

THURSDAY

5:30 – 6:15
Beginner Youth

5:30 – 6:00
Tiny Tiger & Dragons

6:15- 7:00
Intermediate Youth

6:15 – 7:00
Adults

7:00 – 7:45
Advanced Youth

7:00 – 7:45
Black Belts

7:45 – 8:30
Advanced Black Belts



NOTE:

STUDENTS NEED TO ARRIVE 15 min PRIOR TO CLASS STARTING TIME FOR WARM-UP

ADULT - Age 15 y/o and up: - YOUTH Classes - Age <15: - *FAMILY CLASS - open to all students and parents of all ranks

DRESS CODE: MONDAY & TUESDAY=FULL UNIFORM. WEDNESDAY & THURSDAY = FULL UNIFORM OR T-SHIRT. (T-shirt must be SCTSD school shirt)