

# CHARLOTTE MARTIAL ARTS ACADEMY

## CLASS SCHEDULE EFFECTIVE MARCH 2, 2020



### DRAGON CLASSES (4-6 YEAR OLDS)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DRAGON CLASSES		5:15 - 5:45pm		4:30 - 5:00pm 5:45 - 6:15pm		10:00 - 10:30am

### JUNIOR/ADULT CLASSES (7 YEARS AND UP)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER (WHITE - HIGH YELLOW)	6:15 - 7:00pm	4:30 - 5:15pm	6:00 - 6:45pm	5:00 - 5:45pm	6:45 - 7:30pm	10:45 - 11:30am
NOVICE (GREEN - BLUE)		4:30 - 5:15pm	6:45 - 7:30pm	5:00 - 5:45pm	6:00 - 6:45pm	11:30 - 12:15pm
INTERMEDIATE (HIGH BLUE - HIGH RED)	5:30 - 6:15pm		7:30 - 8:15pm	6:15 - 7:15pm	6:00 - 6:45pm	11:30 - 12:15pm
ADVANCED (BROWN - 2ND HIGH BROWN)	5:30 - 6:15pm	6:00 - 6:45pm	5:15 - 6:00pm	6:15 - 7:15pm		1:15 - 2:00pm
BLACK BELT (1ST DEGREE)	7:00 - 7:45pm	6:45 - 7:45pm	5:15 - 6:00pm	6:15 - 7:15pm		2:00 - 2:45pm
BLACK BELT (2ND & 3RD DEGREE)	7:00 - 7:45pm	6:45 - 7:45pm	5:15 - 6:00pm	6:15 - 7:15pm		2:00 - 2:45pm

(MUST BE GREEN BELT OR HIGHER TO ATTEND SPECIALTY CLASSES)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BLACK BELT CLUB						12:15 - 12:45pm
NIDAN CLUB						12:45 - 1:15pm
SWAT/STORM TEAM TRAINING						12:15 - 1:15pm (2ND SATURDAY)

### Fitness Kickboxing/STRENGTH TRAINING (13 YEARS OLD AND UP)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM CLASSES						8:30 - 9:15am SUNDAY 10:00-11:00
PM CLASSES	7:00 - 8:00pm	6:00 - 7:00pm	6:45 - 7:30pm	7:15 - 8:00pm		
STRENGTH & CONDITIONING	6:15 - 7:00pm		7:30 - 8:15pm			9:15 - 10:00am