



**Starting January 2024  
CLASS SCHEDULE**

<b>Class</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
<b>Boomer Qigong Adults Only</b>		<b>10:00 AM</b>		<b>10:00 AM</b>	
<b>Basic W-Y Belts</b>	<b>4:00 PM</b>	<b>6:00 PM</b>	<b>4:00 PM</b>	<b>6:00 PM</b>	<b>4:00 PM</b>
<b>Intermediate Camo-Purple</b>	<b>6:00 pm</b>	<b>4:00 pm</b>	<b>5:00 pm</b>	<b>4:00 pm</b>	<b>5:00 pm</b>
<b>Intermediate Blue-1BR</b>	<b>6:00 pm</b>	<b>7:00 pm</b>	<b>5:00 pm</b>	<b>7:00 pm</b>	<b>7:00 PM</b>
<b>Advanced Black Belts</b>	<b>5:00 PM Black Only</b>	<b>7:00 PM</b>	<b>6:00 PM Black Only</b>	<b>7:00 PM</b>	<b>7:00 PM</b>
<b>Leadership &amp; SWAT TEAM</b>		<b>5:00 PM</b>		<b>5:00 PM</b>	<b>6:00 PM</b>
<b>KRAV MAGA Adults Only</b>	<b>7:00 PM</b>		<b>7:00 PM</b>		
<b>Saturdays are reserved for Groups/Events Ask about hosting details</b>			<b>ATA Whites for Classes &amp; Formal Events Blacks for Leadership &amp; Legacy students RED SUIT LEGACY only</b>		

**Private Lessons are available by Appointment**

**LEGACY TEAM: MONTHLY SEMINAR AND UNLIMITED CLASSES**