

Lamorinda Martial Arts Studio Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
10:00-11:00		Adults (All Levels)		Adults (All Levels)		
2:00-2:30						Children: 4-7 yr. (All Levels)
2:30-3:30						Children: 8-12 yr. (All Levels)
3:15 - 3:45	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (All Levels)		
3:50 - 4:20	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (All Levels)	Children: 4-7 yr. (all levels)	
3:30-4:30						Family Class: (All Levels Enrolled Students Only)
4:20-4:50					Children 4-7 yr. (Yellow-Red and above)	
4:20 - 5:20	Children: 8-12 yr. (All Levels) Note: Class Ends @ 5:15	Children: 8-12 yr. (All Levels)	Children: 8-12 yr. (All Levels) Note: Class Ends @ 5:15	Children: 8-12 yr. (All Levels)		
5:20-6:10	Children: 8-12 yr (green belt & above)		Children: 8-12yr. (Orange belt & above)			
4:50 - 5:50					Children: 8-12 yr. (Sparring)*	
4:30-5:30						Sparring class (8 and up)
5:30 - 6:00		Poomse class all levels 8 and up				
5:30-6:00				children: 4-7 (Yellow-Red and above)		
6:00-6:30		children: 4-7 (Yellow-Red and above)				
6:10 - 7:10	Adults (Beginners)		Adults (Beginners)			
6:00 - 7:00				8 and up (Blue Belt and above)	Adults (Sparring)*	
6:30- 7:50		Comp. Class*				
6:55-8:00	Black Belt Class*		Black Belt Class (14 & up) end time 8:15			

***Requires Instructor Approval**

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