

“In Person Class” Schedule 2022 (East Rock)

	Tuesday	Wednesday	Thursday	Friday	Saturday
3:20 – 3:50	-Private lesson	Private lesson	-Private lesson	-Private lesson	<u>9:30 am Private lesson</u>
3:50 – 4:20	- Private lesson	Private lesson	- Private lesson	- Private lesson	<u>10:00 am Private lesson</u>
4:20 – 5:00	- All belt	Private lesson 4:30 – 5:00	- All belt	- All belt	10:40 am All belt
5:10 – 5:50	-Little tiger 5:10 – 5:40	Private group 5:00 – 5:40	-Little tiger (5:10 – 5:40)	-Black belt club	<u>11:20 am Sparring</u>
5:50 – 6:30	<u>-Adult/Junior</u> <u>- Black belt</u>	- All belt	<u>-All belt</u>	- All belt	<u>12:00 pm Adult/Junior</u> <u>/Black belt</u>
6:30 – 7:10	<u>Tricking club</u> <u>Acrobatic flips</u>		<u>-Adult/Junior</u> <u>- Black belt</u>		

Class Rank Guide:

- Yellow – Brown = Yellow, Orange, Green, Purple, Blue, Brown
- Red/White – Black/Yellow = Red/White, Red/Yellow, Red/Green, Red, Black/Red(PUM), Black/White, Black/Yellow
- Pretest 1 - 4 = Black Yellow with One Black Tape
- Pretest 5 - 8 = Black Yellow with Two, Three OR Four Black Tapes