

“In Person Class” Schedule Fall, winter (East Rock) Start on Sep 6th 2022

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

East Rock Beginners Class

Tue	Wed	Thu	Fri	Sat
3:40	3:00	3:10	3:20	9:30
	4:00		4:20	10:00
			6:20	