



# EAST ROCK GROUP CLASS SCHEDULE 2024

Weekday Group Class Schedule					
Day/Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:10 - 4:50	CLOSED	All Belt Class		All Belt Class	
5:00 - 5:30		Little Tiger Class		Little Tiger Class	
5:10 - 5:50					Black Belt Club
5:30 - 6:10		Black Belt / Junior All Belt Class	All Belt Class	All Belt Class	
5:50 - 6:30					All Belt Class
6:00 - 7:00		Team Poomsae & Breaking			
6:10 - 6:50		Tricking/Acrobatics Club		Black Belt / Junior All Belt Class	
6:30 - 7:30			Team Sparring		
6:50 - 7:30			Adult Class		Adult Class

Classes by Age (Bypasses by Master Recommendation)	
3 to 4 Years	Little Tiger
5 to 11 Years	All Belt
12 to 17 Years	Junior All Belt
Any age Black Belt	Black Belt
18+	Adult Class
Special Admission	Acrobatics, Sparring, and Black Belt Club

Weekend Group Class Schedule		
Day/Time	Saturday	Sunday
10:30 - 11:10	All Belt Class	
11:00 - 12:00	Sparring Club	CLOSED
12:00 - 12:40	Adult / Junior Black Belt	

All Belt/Junior/Adult Classes and Clubs are 40 minutes

Little Tiger Classes are 30 minutes

Team Classes are 1 hour

[See back for Private Lesson Schedule]



# EAST ROCK PRIVATE & TRIAL CLASS SCHEDULE 2024

Tuesday			
Time	Block A	Block B	Block C
3:00 - 3:30	N/A	N/A (Afterschool)	Private Lesson/Trial
3:30 - 4:00			Private Lesson/Trial
4:10 - 7:20		GROUP CLASSES	

Wednesday			
Time	Block A	Block B	Block C
3:00 - 3:30	Private Lesson	N/A (Afterschool)	N/A
3:30 - 4:00	Private Lesson		
4:00 - 4:30	Private Lesson		
4:30 - 5:00	Private Lesson/Trial		
5:00 - 5:30	Private Lesson/Trial	Private Lesson/Trial	
5:30 - 6:10	GROUP CLASSES		

Thursday			
Time	Block A	Block B	Block C
3:00 - 3:30	Private Lesson/Trial	N/A (Afterschool)	
3:30 - 4:00	Private Lesson/Trial		
4:10 - 7:20	GROUP CLASSES		N/A

Friday			
Time	Block A	Block B	Block C
3:30 - 4:00	Private Lesson	N/A (Afterschool)	N/A
4:00 - 4:30	Private Lesson		
4:30 - 5:00	Private Lesson/Trial	Private Lesson/Trial	
5:00 - 5:30	Private Lesson	GROUP CLASSES	
5:30 - 6:30	GROUP CLASSES		
6:20 - 6:50	Private Lesson/Trial	N/A Afterschool	

**\*\* Some Private Lesson timeslots may be unavailable. \*\***

**Please call or email our office for available times.**

Saturday			
Time	Block A	Block B	Block C
9:30 - 10:00	Private Lesson/Trial	Private Lesson/Trial	N/A
10:00 - 10:30	Private Lesson/Trial	Private Lesson/Trial	
10:30 - 12:40	GROUP CLASSES		