




2013 Class Schedule(2013-June/'14)

7439 South Military Trail, Lake Worth, Florida 33463
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	Monday	Tuesday	Wednesday (Sparring)	Thursday (Sparring)	Friday	Saturday	Sunday
10:00 am 12:00 am	Private Lessons		Private Lessons		Private Lessons	Weekends are Reserved for Special Training Sessions, Camps, Seminars, and Private Lessons, all of which will be announced in Advance. 	
4:30 pm to 5:20 pm		All Belts 11 and Under		All Belts 11 and Under			
5:30 pm to 6:20 pm	All Belts 11 and Under	All Belts 11 and Under	All Belts 11 and Under	All Belts 11 and Under	*Special* Training 11 and Under		
6:30 pm to 7:20 pm	All Belts 12 and Up*	All Belts 12 and Up*	All Belts 12 and Up*	All Belts 12 and Up*	All Belts 12 and Up*		
7:30 pm to 8:20 pm	All Belts 14 and Up*	All Belts Adults	All Belts 14 and Up*	All Belts Adults	All Belts Adults		

*Classes marked with asterisks are for make-up classes. You can attend these classes if you miss your regular class.
 *Sparring gear is required for Wednesday and Thursday classes. This requirement is for everyone's safety.