

CHARLOTTE MARTIAL ARTS ACADEMY

Class Schedule
Effective August 20, 2016



Junior/Adult Classes (7 years and up)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner (White - High Yellow)	4:30 - 5:15		6:00 - 6:45	5:15 - 6:00		10:30 - 11:15
Novice (Green - Blue)	5:15 - 6:00	5:30 - 6:15	6:45 - 7:30			11:15 - 12:00
Intermediate (High Blue - High Red)	5:15 - 6:00		7:30 - 8:15	6:10 - 8:00		11:15 - 12:00
Advanced (Brown - 2nd High Brown)	7:30 - 8:15	6:15 - 7:00	5:15 - 6:00	6:10 - 8:00		1:00 - 1:45
Black Belt (1st Degree)	6:45 - 7:30	7:00 - 8:00	4:30 - 5:15	6:10 - 8:00		1:00 - 1:45
Black Belt (2nd & 3rd Degree)	6:00 - 6:45	7:00 - 8:00	4:30 - 5:15	6:10 - 8:00		2:15 - 3:00
Adult (13 & Older)			7:30 - 8:15			

Specialty Classes

(MUST be enrolled in Black Belt Club/Nidan Club to attend Specialty Classes)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Black Belt Club Members Only *						12:00-12:30
Nidan Club Members Only **						1:45 - 2:15
SWAT Team Training					6:00 - 6:45 (2nd Friday)	
STORM Team Training					6:00 - 7:30 (2nd Friday)	

* Green - High Red Belts ** Brown Belt and Black Belts Only

Dragon Classes

(4-6 year olds)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Dragons		5:00 - 5:30		4:45 - 5:15		10:00 - 10:30

Fitness Kickboxing/Strength Training

(13 years old and up)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Classes	9:00 - 10:00		9:00 - 10:00			8:30 - 9:30
PM Classes	6:45 - 7:45	6:00 - 7:00	6:30 - 7:30	7:00 - 8:00		
Strength & Conditioning	6:15 - 6:45		6:00 - 6:30			9:30 - 10:00am

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Visit us on the web at

www.charlottemartialartsacademy.com