

CHARLOTTE MARTIAL ARTS ACADEMY

CLASS SCHEDULE

Effective AUGUST 21, 2017

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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