



Waukee School

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Updated 11/27/2017

MON	TUES	WED	THUR	FRI	SAT
LIL' DRAGONS					
5:30 PM N	4:45 PM N	5:30 PM N	4:45 PM N		10:00 AM N
TIGERS					
4:45 PM N	6:15 PM E	4:45 PM N	6:15 PM E	4:45 PM N	10:00 AM E
BASIC (White, Gold, Orange)					
4:45 PM N	6:15 PM E	4:45 PM N	6:15 PM E	4:45 PM N	10:00 AM E
7:00 PM S		7:00 PM S			Specialty Format
					Classes
INTERMEDIATE (Green and Blue)					
<u>T/A</u> 6:15 PM E	<u>T/A</u> 7:00 PM E	<u>T/A</u> 6:15 PM E	7:00 PM E	5:30 PM N	<u>T/A</u> 10:45 AM E
<u>KIDS</u> 6:15 S	<u>KIDS</u> 7:00 PM N	<u>KIDS</u> 6:15 S			<u>KIDS</u> 10:45 AM N
					Specialty Format
					Classes
ADVANCED (Brown and Red)					
5:30 PM S	6:15 PM S	5:30 PM S	6:15 PM S	5:30 PM N	10:45 AM S
					Specialty Format
					Classes
	<u>BB</u> 7:00 PM S				<u>BB</u> 11:30 AM E
Competition Team					
BVD Sparring 7:45			FORMS 7:00 PM S		
AIM HIGH(White Belts ONLY)					
6:15 PM N	5:30 PM S	6:15 PM N	5:30 PM S		9:15 AM S

Three classrooms available: S-South Room , N-North Room, E-East Room

Special Classification: **BB** - Black Belt Class, **BVD** - Class held at Beavertdale location

T/A - Teens and Adults, KIDS - under 12

Saturday Class Format: Please check the website farrellsmartialarts.com for weekly themes.

Themes will be Forms, Board Breaking, Spar Wars, Kicking, Bring a Friend, etc.

You are expected to be fifteen minutes early to warm-up in the back of the practice room.

Monday and Tuesday - Classes are focused more on technique and form.

Wednesday and Thursday - Classes are focused more on kicking and sparring.

SAFETY EQUIPMENT IS NEEDED FOR WED & THURS CLASSES (NO SPARRING ON WEDNESDAY BASIC 4:45 PM AND 7:00 PM)

Sparring optional for Dragons, Tigers and Basic Students.