



## Waukee School

215 North Warrior Lane  
515-978-3000

Head Instructor and Business Manager - Ryan Bishop (ryanbishop@farrellsusma.com)

Head FXB Coach and Business Manager- Maggie Schatzle (maggieschatzle@extremebodys shaping.com)

Updated 11/27/2017

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