



**Effective April 1st, 2018**

*7421 Spout Springs Rd. Flowery Branch, GA 30542 | 770.965.0808*

White Uniform	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Younger</u>	6:00 - Mat 2	6:00 - Mat 2	4:00 - Mat 2	5:00 - Mat 2	4:00 - Mat 2	10:00 - Mat 2
<u>Older</u>	6:30 - Mat 2	5:45 - Mat 1	4:30 - Mat 2	6:30 - Mat 2	5:45 - Mat 2	10:30 - Mat 2

Red Uniform	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Juniors 1</u>	4:00 - Mat 2 6:00 - Mat 1	4:30 - Mat 2	6:00 - Mat 2	5:00 - Mat 1 6:00 - Mat 3	5:15 - Mat 2	10:00 - Mat 1
<u>Juniors 2</u>	4:30 - Mat 2	4:00 - Mat 2 6:00 - Mat 3	6:00 - Mat 3	6:00 - Mat 4	4:00 - Mat 1	9:30 - Mat 1
<u>Excellence</u> advanced gold belt & below	5:00 - Mat 1 7:15 - Mat 1	4:15 - Mat 1 6:30 - Mat 1	6:30 - Mat 1	4:15 - Mat 2 6:30 - Mat 1	4:30 - Mat 1	11:15 - Mat 2
<u>Excellence</u> green belt & above	5:00 Mat 2 7:15 Mat 1	4:15 - Mat 1 6:30 - Mat 2	6:30 - Mat 2	4:15 - Mat 1 7:15 - Mat 3	4:30 - Mat 2	11:15 - Mat 2

Black Uniform	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Premier</u>	4:15 - Mat 1 6:30 - Mat 3	5:00 - Mat 2 7:15 - Mat 3	4:30 - Mat 1	5:30 - Mat 2 7:15 Mat 1	5:45 - Mat 1	11:15 - Mat 1
<u>Black Belt Prep</u>	7:15 - Mat 2	7:15 - Mat 2	5:15 - Mat 1	7:15 - Mat 2	5:45 - Mat 3	9:15 - Mat 2

Specialty	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Weapons</u>	5:45 - Mat 3	OFF	OFF	6:30 - Mat 3	OFF	OFF
<u>Sparring</u>	OFF	6:30 - Mat 3	5:15 - Mat 2	OFF	OFF	10:30 - Mat 1

Teen	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Teen</u>	7:15 - Mat 3	7:15 - Mat 1	6:30 - Mat 3	8:00 - Mat 1 8:30 - Sparring	OFF	OFF

Black Belts	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>2nd Degree</u>	6:30 - Mat 1	8:00 - Mat 1	6:30 - Mat 4	8:00 - Mat 2	5:45 - Mat 3	9:15 - Mat 3
<u>3rd Degree</u>	OFF	8:00 - Mat 2	OFF	OFF	OFF	OFF