

CHARLOTTE MARTIAL ARTS ACADEMY

CLASS SCHEDULE
EFFECTIVE AUGUST 20, 2018



JUNIOR/ADULT CLASSES (7 YEARS AND UP)

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER (WHITE - HIGH YELLOW)	4:45 - 5:30		6:00 - 6:45	5:15 - 6:00		10:30 - 11:15
NOVICE (GREEN - BLUE)	5:30 - 6:15	5:30 - 6:15	6:45 - 7:30			11:15 - 12:00
INTERMEDIATE (HIGH BLUE - HIGH RED)	5:30 - 6:15		7:30 - 8:15	6:00 - 8:00		11:15 - 12:00
ADVANCED (BROWN - 2ND HIGH BROWN)	6:15 - 7:00	6:15 - 7:00	5:15 - 6:00	6:00 - 8:00		1:00 - 1:45
BLACK BELT (1ST DEGREE)	6:15 - 7:00	7:00 - 8:00	4:30 - 5:15	6:00 - 8:00		1:00 - 1:45
BLACK BELT (2ND & 3RD DEGREE)	7:00 - 7:45	7:00 - 8:00	4:30 - 5:15	6:00 - 8:00		2:15 - 3:00

(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	8:00 - 9:00		8:00 - 9:00			8:30 - 9:30
PM CLASSES	7:00 - 8:00	6:15 - 7:15	7:30 - 8:15	7:00 - 8:00		
STRENGTH & CONDITIONING	6:15 - 7:00		6:45 - 7:30			9:30 - 10:15am