

CHARLOTTE MARTIAL ARTS ACADEMY

CLASS SCHEDULE

Effective June 11, 2018

JUNIOR/ADULT CLASSES

(7 YEARS AND UP)



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
BEGINNER (WHITE - HIGH YELLOW)			6:00 - 6:45	5:30 - 6:15		10:30 - 11:15
NOVICE (GREEN - BLUE)	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	6:15 - 8:00		11:15 - 12:00
ADVANCED (BROWN - 2ND HIGH BROWN)	6:15 - 7:00	6:00 - 6:45	5:15 - 6:00	6:15 - 8:00		1:00 - 1:45
BLACK BELT (1ST DEGREE)	6:15 - 7:00	6:45 - 7:45	4:30 - 5:15	6:15 - 8:00		1:00 - 1:45
BLACK BELT (2ND & 3RD DEGREE)	7:00 - 7:45	6:45 - 7:45	4:30 - 5:15	6:15 - 8:00		2:15 - 3:00
BEGINNER, NOVICE, INTERMEDIATE		9:30 - 10:15 AM		9:30 - 10:15 AM		

(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		9:30 - 10:00 AM		9:30 - 10:00 AM		10:00 - 10:30
		5:30 - 6:00				

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	6:00 - 7:00	7:30 - 8:15	7:00 - 8:00		
STRENGTH & CONDITIONING	6:15 - 7:00		6:45 - 7:30			9:30 - 10:15AM

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