

## Class Schedule

| Levels   | Monday     | Tuesday                   | Wednesday  | Thursday   | Friday | Saturday     |
|--|------------|---------------------------|------------|------------|--------|--------------|
| <b>Ki Gong</b> (Meditation)  |            | 8:30-9:15a<br>(zoom only) |            |            |        |              |
| <b>Little Dragons</b><br>(White Stripe Belts)<br>Beginners: 3-7 year old | 4:00-4:45p | 4:30-5:15p                | 4:00-4:45p | 4:30-5:15p |        | 10:30-11:15a |
|  | 6:15-7:00p |                           | 6:15-7:00p |            |        |              |
| <b>Junior Achievers</b><br>(Yellow Stripes)<br>Beginners: 7 and older    | 4:00-4:45p | 5:30-6:15p                | 4:00-4:45p | 5:30-6:15p |        | 11:30-12:15p |
|  | 6:15-7:00p |                           | 6:15-7:00p |            |        |              |
| <b>Level 1</b><br>Yellow, Yellow/Orange,<br>Orange Belts                 | 4:00-4:45p | 5:30-6:15p                | 4:00-4:45p | 5:30-6:15p |        | 11:30-12:15p |
|  | 6:15-7:00p |                           | 6:15-7:00p |            |        |              |
| <b>Level 2</b><br>Orange/Green, Green,<br>Green/Brown Belts              | 5:00-5:45p | 6:30-7:15p                | 5:00-5:45p | 6:30-7:15p |        | 9:30-10:15a  |
| <b>Level 3</b><br>Brown, Brown/Red, Red Belts                            | 5:00-5:45p | 6:30-7:15p                | 5:00-5:45p | 6:30-7:15p |        | 9:30-10:15a  |
| <b>Level 4</b><br>Red/Blue, Blue, Blue/Black                             | 7:15-8:30p | 6:30-7:15p                | 7:15-8:30p | 6:30-7:15p |        | 9:30-10:15a  |
| <b>Level 5</b><br>Black Belts  | 7:15-8:30p | 6:30-7:15p                | 7:15-8:30p | 6:30-7:15p |        | 9:30-10:15a  |
| <b>Adult (13+)</b><br>All Levels   |            | 7:45-8:30p                |            | 7:45-8:30p |        | 9:30-10:15a  |

**Leadership classes are for 15 minutes after regular class times.**