



Courage Martial Arts

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EFFECTIVE 02/14/16

| | <u>Level 1</u> <i>White Belt</i> | <u>Level 2</u> <i>Gold Belt</i> | <u>Level 3</u> <i>Green & G/S</i> | <u>Level 4</u> <i>Blue & B/S</i> | <u>Level 5</u> <i>Red & R/S</i> |
|------------------|---|--|--|---|--|
| SUNDAY | 4:20 - 4:50 | 5:30 - 6:00 | 6:40 - 7:10 | 7:15 - 7:45 | 6:05 - 6:35 |
| MONDAY | 5:45 - 6:15 | 5:45 - 6:15 | 4:00 - 4:30 | 5:10 - 5:40 | 6:55 - 7:25 |
| WEDNESDAY | 4:00 - 4:30 | 4:00 - 4:30 | 6:20 - 6:50 | 6:20 - 6:50 | 4:35 - 5:05 |
| THURSDAY | 6:50 - 7:20 | 6:50 - 7:20 | 5:05 - 5:35 | 5:40 - 6:10 | 4:30 - 5:00 |
| | <u>Level 6</u> <i>Brown & BR/S</i> | <u>Junior Kicker</u> <i>4 - 6 y/o</i> | <u>Adults</u> <i>All Adults</i> | <u>Black Belt</u> <i>All Black Belts</i> | |
| SUNDAY | 4:55 - 5:25 | 3:45 - 4:15 | 7:45 - 8:15 | 3:00 - 3:45 (weapon: | |
| MONDAY | 6:55 - 7:25 | 4:35 - 5:05 | 7:30 - 8:00 | 6:20 - 6:50 | |
| WEDNESDAY | 6:55 - 7:25 | 5:45 - 6:15(Patch) | 7:30 - 8:00 | 5:10 - 5:40 | |
| THURSDAY | 4:30 - 5:00 | 6:15 - 6:45 | 7:25 - 8:00 | 7:25 - 8:00 | |

Pre-School 1 (2 sessions/yr.)

Saturday 9:00 - 9:30 am

Pre-School 2 (2 sessions/yr.)

Saturday 9:45 - 10:15 am

Black Belt/BB Candidate Workout

2 hour class: dates to be announced

| <u>SUNDAY</u> | | <u>MONDAY</u> | |
|------------------|-----------------------|-----------------|---------------------|
| 3:00 - 3:45 | Black Belt (weapons) | 4:00 - 4:30 | Level 3 |
| 3:45 - 4:15 | Junior Kicker | 4:35 - 5:05 | Junior Kicker |
| 4:20 - 4:50 | Level 1 | 5:10 - 5:40 | Level 4 |
| 4:55 - 5:25 | Level 6 | 5:45 - 6:15 | Level 1/Level 2 |
| 5:30 - 6:00 | Level 2 | 6:20 - 6:50 | Black Belt |
| 6:05 - 6:35 | Level 5 | 6:55 - 7:25 | Level 5 /Level 6 |
| 6:40 - 7:10 | Level 3 | 7:30 - 8:00 | Adults |
| 7:15 - 7:45 | Level 4 | | |
| 7:45 - 8:15 | Adults | | |
| <u>WEDNESDAY</u> | | <u>THURSDAY</u> | |
| 4:00 - 4:30 | Level 1/ Level 2 | 4:30 - 5:00 | Level 5 / Level 6 |
| 4:35 - 5:05 | Level 5 | 5:05 - 5:35 | Level 3 |
| 5:10 - 5:40 | Black Belt | 5:40 - 6:10 | Level 4 |
| 5:45 - 6:15 | Junior Kicker (Patch) | 6:15 - 6:45 | Junior Kicker |
| 6:20 - 6:50 | Level 3/Level 4 | 6:50 - 7:20 | Level 1 / Level 2 |
| 6:55 - 7:25 | Level 6 | 7:25 - 8:00 | Adults / Black Belt |
| 7:30 - 8:00 | Adults | | |