



# Courage Martial Arts

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**EFFECTIVE OCTOBER 14TH, 2019**

	<u>Level 1</u> <i>White/Camo</i>	<u>Level 2</u> <i>Gold Belt</i>	<u>Level 3</u> <i>Green &amp; G/S</i>	<u>Level 4</u> <i>Blue &amp; B/S</i>	<u>Level 5</u> <i>Red &amp; R/S</i>
<b>SUNDAY</b>	2:50 - 3:20	3:25 - 3:55	6:20 - 6:50	5:45 - 6:15	4:35 - 5:05
<b>MONDAY</b>	5:45 - 6:15	5:45 - 6:15	4:35 - 5:05	6:55 - 7:25	4:00 - 4:30
<b>TUESDAY</b>	*	5:10 - 5:40	6:20 - 6:50	4:35 - 5:05	6:55 - 7:25
<b>WEDNESDAY</b>	6:20 - 6:50	4:00 - 4:30	*	5:45 - 6:15	*
<b>THURSDAY</b>	4:35 - 5:05	*	5:10 - 5:40	*	7:30 - 8:00

  

	<u>Level 6</u> <i>Brown &amp; Br/St</i>	<u>Jr. Kickers</u> <i>4-6 year olds</i>	<u>Adults</u> <i>All Adults</i>	<u>Black Belts</u> <i>All Black Belts</i>
<b>SUNDAY</b>	5:10 - 5:40	4:00 - 4:30	2:50 Lower Belt Adults	6:50 - 7:50 Weapons
<b>MONDAY</b>	*	5:10 - 5:40	7:30 - 8:00 All Adults	6:20 - 6:50
<b>TUESDAY</b>	5:45 - 6:15	*	7:30 - 8:00 All Adults	*
<b>WEDNESDAY</b>	4:35 - 5:05	5:10 - 5:40 (Badge)	6:20-6:50 Lower Belt Adults	6:55 - 7:25
<b>THURSDAY</b>	6:55 - 7:25	5:45 - 6:15	4:35 Lower Belts 6:20 Family Class	4:00 - 4:30

**Family Class (ADULT STUDENTS & THEIR KIDS)**

Thursday 6:20 - 6:50

**BB Candidate Workout**

2 hour class: dates to be announced

**Junior Kickers**

Kids 4 - 6 years old

**Pre-School 1, 2 & Intro to Junior Kickers (2 sessions/yr - 8 week session)**

Saturday 9:00-9:30 / 9:45-10:15 / 10:30-11:00

Starts March 16 and September 28

**Head Instructor Class**

Wednesday 7:30 - 8:00

**SUNDAY**

2:50 - 3:20 Level 1 & Low Belt Adults  
 3:25 - 3:55 Level 2  
 4:00 - 4:30 Junior Kickers  
 4:35 - 5:05 Level 5  
 5:10 - 5:40 Level 6  
 5:45 - 6:15 Level 4  
 6:20 - 6:50 Level 3  
 6:50 - 7:50 Black Belts Weapons

**MONDAY**

4:00 - 4:30 Level 5  
 4:35 - 5:05 Level 3  
 5:10 - 5:40 Junior Kickers  
 5:45 - 6:15 Level 1 / Level 2  
 6:20 - 6:50 Black Belts  
 6:55 - 7:25 Level 4  
 7:30 - 8:00 All Adults

**TUESDAY**

4:00 - 4:30 \*  
 4:35 - 5:05 Level 4  
 5:10 - 5:40 Level 2  
 5:45 - 6:15 Level 6  
 6:20 - 6:50 Level 3  
 6:55 - 7:25 Level 5  
 7:30 - 8:00 All Adults

**WEDNESDAY**

4:00 - 4:30 Level 2  
 4:35 - 5:05 Level 6  
 5:10 - 5:40 Junior Kickers (Badge Program)  
 5:45 - 6:15 Level 4  
 6:20 - 6:50 Level 1 & Lower Belt Adults  
 6:55 - 7:25 Black Belts  
 7:30 - 8:00 Head Instructor Class

**THURSDAY**

4:00 - 4:30 Black Belts  
 4:35 - 5:05 Level 1 & Lower Belt Adults  
 5:10 - 5:40 Level 3  
 5:45 - 6:15 Junior Kickers  
 6:20 - 6:50 Family Class (Parent/Child) All levels  
 6:55 - 7:25 Level 6  
 7:30 - 8:00 Level 5

\*\* Set Sparring Day once a week: rotates every week (Sunday, Monday...etc). Dates on dry erase board at studio

**Students can spar at their level class AND/OR at the level above or below their current level**