

IMPERIAL MARTIAL ARTS

2010 CLASS SCHEDULE

Effective 6/16/2010

Ages/Belts	Mon	Tues	Wed	Thurs	Fri	Sat
Little Dragons - Ages 3-5						
All Belts	4:00		3:30	4:15		
Dragons - Ages 6 - 7						
White belts	4:30		4:00	5:30		9:30
Camouflage & Yellow	4:30		4:00	5:30		9:30
Orange, Green, Purple		5:45		4:45	4:00	10:00
Tigers - Ages 8 thru 12						
White thru Orange	5:45	5:00		6:00		10:45
Green thru Blue		6:30	4:30		4:45	10:45
Red thru Black	5:00		6:00		4:45	10:45
Adults and Teens - Ages 13 and up						
White thru Orange		7:15		6:45	6:30	11:30
Green thru Blue		7:15		6:45	6:30	11:30
Red thru Black		7:15	6:45		6:30	11:30
Specialty Classes/Programs						
Master Club	7:30pm					
BBC Elite			5:15pm			
MMA/Jiu-Jitsu		4:15 Age 6 -12 8:00pm Adults 13 & up			5:30 (1 Hour) Adult	8:30am (1 Hour) Adult 12:15 Kids
Yoga (90 mins)			7:30pm			
Brazilian Jiu- Jitsu Program Adults 90 mins Kids 45 mins	Adults 8:15 pm	Kids 4:15		Adults 7:30pm	Kids 5:30	Open Class 12:30 Kids 1:15 Adults

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