

CHARLOTTE MARTIAL ARTS ACADEMY

Class Schedule Effective January 04, 2010

Junior/Adult Classes (7 years and up)						
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Beginner (White - High Yellow)	4:10 - 5:00	5:10 - 6:00	6:10 - 7:00			11:10 - 12:00
Novice (Green - Blue)	5:10 - 6:00	6:10 - 7:00			5:10 - 6:00	11:10 - 12:00
Intermediate (High Blue - High Red)	5:10 - 6:00		5:10 - 6:00	(See Specialty Classes)		12:10 - 1:00
Advanced (Brown - 2nd High Brown)	7:10 - 8:00		5:10 - 6:00	(See Specialty Classes)		12:10 - 1:00
Black Belt	7:10 - 8:00			5:10 - 6:00 (See Specialty Classes)		2:10 - 3:00
Open Floor Novice & Higher Only					6:10 - 7:00	
Specialty Classes (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 *	6:10 - 7:00					
Nidan Club Members Only **						1:10 - 2:00
Combat/Conditioning High Blue & Higher				6:10 - 7:45***		
* White - High Red Belts ** Brown Belt and Black Belts Only *** Counts as a curriculum class						
Dragon Classes (4-6 year olds)						
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Little Dragons		4:30 - 5:00	4:30 - 5:00	3:45 - 4:15 4:30 - 5:00		9:00 - 9:30
Fitness Kickboxing/Strength Training (13 years old and up)						
CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Classes	9:30 - 10:30		9:30 - 10:30			9:30 - 10:30
PM Classes	6:30 - 7:30	6:30 - 7:30		7:00 - 7:45		

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Visit us on the web at

www.charlottesmartialartsacademy.com