



## 2009 Summer Schedule—Updated July 9

All Classes are Uechi-ryu Karate except where noted

Sun	Mon	Tue	Wed	Thu	Fri	Sat
10:00 AM Adults						9:30 AM Ages 3—5 Sparring
MMA Elite SD		2:15 PM Adults		2:15 PM Adults		10:00 AM Ages 6—14 All Ranks
		3:30 PM Introductory Class or Private Less		3:30 PM Introductory Class or Private Less		11:00 AM Sparring All Ages All Ranks
	4:15 PM Introductory Class or Private Less	4:00 PM <b>Junior Sword Chanbara</b>	4:15 PM Introductory Class or Private Less	4:00 PM <b>Junior Sword Chanbara</b>		11:45 AM Uechi-ryu Adults and Family Class
	4:45 PM <b>Adult BJJ</b>	4:45 PM Ages 6—10 Yellow and Purple Belts	5:00 PM <b>Kid-Jujitsu</b>	4:45 PM Ages 6—10 Yellow and Purple Belts	4:45 PM <b>Adult BJJ</b>	12:45 PM <b>Kid-Jujitsu</b>
	5:45 PM Ages 6—10 Begin, White, Yellow Belts	5:45 PM Ages 3—5	5:45 PM Ages 6—10 Begin, White Yellow Belts	5:45 PM Ages 3—5	6:00 PM Women's Self-Defense Class	2:30 PM <b>Birthday Parties</b>
	6:45 PM Ages 11 + Up White, Yellow, Purple, Green	6:15 PM Ages 6-10 Purple Belts Red Belts	6:45 PM Ages 11 + Up White, Yellow, Purple, Green	6:15 PM Ages 6-10 Purple and Red Belts		<b>When Scheduled</b>
	7:45 PM Ages 15 + Up White and Green Belts	7:15 PM Red Belts Brown Belts Black Belts	7:45 PM Ages 15 + UP White and Green Belts	7:15 PM Red Belts Brown Belts Black Belts		5:30 PM <b>Parent's Night Out</b>
	7:45 PM <b>Guidance On Leadership Development</b>	8:30 PM <b>Sword and Chanbara Adults</b>				<b>When Scheduled</b>