

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00 pm					Advance Class* (12:30pm - 2:00pm)
1:00 pm	White Tiger	Skill Class	Sparring Class (Stage 1)	Skill Class	
2:00 pm			Guided Practice		Guided Practice
3:00 pm					
4:00 pm				Value	
5:00 pm	Guided Practice				
6:00 pm	Youth Class	Skill Class	Youth Class	Skill Class	
7:00 pm	Sparring Class (Stage 1)	Guided Practice	Guided Practice	Sparring Class (Stage 2)	White Tiger or Advance Class*
8:00 pm		Skill Class	White Tiger		White Tiger or Advance Class*
9:00 pm	(Closed)	(Closed)	(Closed)	(Closed)	(Closed)