

Chesapeake Martial Arts Class Schedule: Effective June 21, 2010

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
All Adults 12:00 - 1:00 PM		Intro / Private Instruction 5:15 - 7:15 PM Sign up at the Front Desk		All Adults 12:00 - 1:00 PM		Intro / Private Instruction 5:15 - 7:15 PM Sign up at the Front Desk				All Students: Olympic Sparring 9:00 - 10:00 AM	
Dojang	Dojang 2	Dojang	Dojang 2	Dojang	Dojang 2	Dojang	Dojang 2	Dojang	Dojang 2	Sparring Gear Required	
Kids: Beginners 4:30 - 5:15 PM		Kids: Intermediate 4:30 - 5:15 PM		Kids: Beginners 4:30 - 5:15 PM		Kids: Intermediate 4:30 - 5:15 PM		Kids: Beginners 4:30 - 5:15 PM		All Students Practice 10:00 - 10:45 AM	
Kids: Intermediate 5:15 - 6:00 PM		All White Belts 5:15 - 6:00 PM	Kids 3-5: Little Dragons 5:15 - 6:00 PM	Kids: Advanced 5:15 - 6:45 PM		All White Belts 5:15 - 6:00 PM	Kids 3-5: Little Dragons 5:15 - 6:00 PM	All Students: Pre-Testing 5:15 - 6:00 PM		All Students: Breaking 10:45 - 11:15 AM	Intro Private Instruction
Kids: Advanced 6:00 - 6:45 PM		Kids: Yellow / Orange 6:00 - 6:45 PM		All Students: Point Sparring 5:45 - 6:45 PM		Kids: Yellow / Orange 6:00 - 6:45 PM		Kids: Advanced 6:00 - 6:45 PM		Intermediate & Advanced 11:15 - 12:15 PM	10:45 - 12:15 AM
Black Belts 6:45 - 8:00 PM	Brazilian Jiu-Jitsu 6:30 - 7:30 PM	Kids: Intermediate 6:45 - 7:30 PM		Sparring Gear Required	Brazilian Jiu-Jitsu 6:30 - 7:30 PM	Kids: Intermediate 6:45 - 7:30 PM		Demo Team 6:45 - 7:45 PM	Dan Test Prep Class 6:00 - 8:00 PM	Weapons & Breaking 12:15 - 1:15 PM	Sign up at the Front Desk
	All Adults	All Students: Breaking 7:30 - 8:00 PM	Tournament Practice 7:30 - 8:30 PM			All Students: Weapons 7:30 - 8:00 PM	Tournament Practice 7:30 - 8:30 PM			All Students: Point Sparring 12:15 - 1:15 PM	
All Adults 8:00 - 9:00 PM Advanced		All Adults 8:00 - 9:00 PM Beginner Intermediate	All Students			All Adults 8:00 - 9:00 PM Beginner Intermediate	All Students			Sparring Gear Required	
				All Adults 8:00 - 9:00 PM Advanced						All Adults 1:15 - 2:15 PM	
TKD Beginner	White, Yellow and Orange Belts			TKD Black Belts	1st Dan and Higher			TKD Tournament	Tournament and Tournament Team Practice		
TKD Intermediate	Green, Blue and Purple Belts			Little Dragons	Little Dragons: White & Yellow - All Stripes			Brazilian Jiu-Jitsu	All BJJ Ranks. Kids aged 8-14. Adults 15+		
TKD Advanced	Brown, Brown Senior, Red and Prob. Black Belts			All Students	All Students can come to these classes						