

\*Students must register for “**In studio**” & “**Virtual**” classes every week on the  Zen Planner App.

**IN-STUDIO SCHEDULE:** Curriculum (Forms & Kick Technique)

30 min class	MONDAY	WEDNESDAY	FRIDAY
3:30pm	Cubs (3-4yrs) & White-Yellow	Low Green-Purple	Blue-Brown Stripe
15 min break			
4:15pm	Low Green-Purple	Cubs (3-4yrs) & White-Yellow	1st & 2nd Dan
15 min break			
5:00pm	Blue-Brown Stripe	1st & 2nd Dan	Red-Red Black
15 min break			
5:45pm	Red-Red Black	Blue-Brown Stripe	Low Green-Purple
15 min break			
6:30pm	1st & 2nd Dan	Red-Red Black	All Belts (6+)
15 min break			
7:15pm	Adults/Teens 12+ & 3rd Dan	Adults/Teens 12+ & 3rd Dan	Adults/Teens 12+ & 3rd Dan



**Zoom Virtual Class Schedule - Drills & Weapons**

Time	Tuesday & Thursday
3:30pm	White-Yellow (3-6yrs)
4:15pm	Yellow-Blue Stripe (BBC Sparring)
5:00pm	Brown-Black (BBC Sparring)
5:45pm	White-Yellow (7yrs & older)
6:30pm	Black Belts

Time	Saturday
10:00am	Friends & Family
10:45am	White-Yellow (3-9yrs)
11:30am	Yellow-Black (BBC Weapons)
12:15pm	Adult (10 & older) & Black Belt

**PAID PRIVATE LESSONS** are available on Tuesdays & Thursday 2-7pm, Saturdays 10-12pm

**BBC & BLACK BELTS ONLY** - Complimentary 15 min private lessons. Only 1 private per week per family. Reserve on ZEN app.