

BODYWORKS CLASS SCHEDULE

Monday NINJA	DRAGON WARRIOR	ADULT JR
5:00 – 5:30	ADV. 4:15 – 5:00	6:30 – 7:15
	BEG/INT. 5:45 – 6:30	
Monday's are "A" Days		

Tuesday ninja	dragon warrior	adult jr	adult	specialty
No Ninja Class	BEG/INT. 4:15 – 5:00	6:30 – 7:15	Adult Advanced	Black Belt Club
	ADV 5:45 – 6:30		7:15 – 8:15	5:00 – 5:45
Tuesday's are "A" Days				

Wednesday NINJA	DRAGON WARRIOR	Adult jr	adult	specialty
5:00 – 5:30	ADV 4:15 – 5:00	6:30 – 7:15	All Ranks – 1st Black	
	BEG/INT 5:45 – 6:30		7:15 – 8:15	
Wed. are "B" Days				

Thursday NINJA	DRAGON WARRIOR	adult jr	adult	specialty
4:45 – 5:15	BEG/INT 4:00 – 4:45	6:30 – 7:15	ADULT ADVANCED	Black Belt Club
	ADV. 5:15 – 6:00		7:15 – 8:15	6:00 – 6:30
Thursday's are "B" Days				
				Masters Class
				8:15 – 9:15

Friday NINJA	DRAGON WARRIOR	ADULT JR	ADULT	SPECIALTY
4:15 – 4:45	No Classes on Friday	6:30 – 7:30 – this is	6:30 – 7:30 – this is	Fan 4:45 – 5:15
		a combined class	a combined class	Demo Team
Friday's are "A/B" Days		with the Adults	with the Adult Jr's.	5:15-5:45
				Black Belt Club
				5:45 – 6:30

Saturday Ninja	Dragon Warrior			Specialty
9:00 – 9:30	BEG/INT 9:30 – 10:15			
	ADV 10:15 – 11:00			
Sat. are "A/B" Days				