

**P#: 703.723.2525**

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**2018/19**

**SCHEDULE**

**W: cjrmartialarts.com**

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
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					<b>INTRODUCTORY</b> 10:00-10:30
					<b>NUNCHUCKS &amp; BO-STAFF</b> 10:30-11:15
<b>ALL BELTS</b> 4:30-5:15	<b>ALL BELTS</b> 4:30-5:15	<b>ALL BELTS</b> 4:30-5:15	<b>ALL BELTS</b> 4:30-5:15	<b>SPARRING DRILLS</b> 4:30-5:15	<b>SWORD &amp; KAMAS</b> 11:15-12:00
<b>White Belts/ INTRODUCTORY</b> 5:15-5:45	<b>White Belts/ INTRODUCTORY</b> 5:15-5:45	<b>White Belts/ INTRODUCTORY</b> 5:15-5:45	<b>White Belts/ INTRODUCTORY</b> 5:15-5:45	<b>(9yo &amp; Under) SPARRING</b> 5:15-6:00	
<b>Orange &amp; Gold Belts</b> 5:45-6:30	<b>Green &amp; Purple Belts</b> 5:45-6:30	<b>Orange &amp; Gold Belts</b> 5:45-6:30	<b>Green &amp; Purple Belts</b> 5:45-6:30	<b>(10yo - 12yo) SPARRING</b> 6:00-6:45	
<b>Brown &amp; Adv. Brown Belts</b> 6:30-7:15	<b>Blue &amp; Red Belts</b> 6:30-7:15	<b>Brown &amp; Adv. Brown Belts</b> 6:30-7:15	<b>Blue &amp; Red Belts</b> 6:30-7:15	<b>(13yo &amp; Older) SPARRING</b> 6:45-7:30	
<b>BLACK BELTS</b> 7:15-8:15	<b>BLACK BELTS</b> 7:15-8:15	<b>BLACK BELTS</b> 7:15-8:15	<b>BLACK BELTS</b> 7:15-8:15		
<b>ADULTS</b> 8:15-9:00		<b>ADULTS</b> 8:15-9:00			