



CJR MARTIAL ARTS

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| <u>SUNDAY</u> | <u>MONDAY</u> | <u>TUESDAY</u> | <u>WEDNESDAY</u> | <u>THURSDAY</u> | <u>FRIDAY</u> | <u>SATURDAY</u> |
|---------------|---|--|---|---|--|--|
| | <u>PRE-K</u> (4-5 YEARS OLD) 3:00PM-3:45PM | <u>HOMESCHOOL</u> 5-8 YEARS OLD 3:15PM-4:00PM | <u>PRE-K</u> (4-5 YEARS OLD) 3:00PM-3:45PM | <u>HOMESCHOOL</u> 5-8 YEARS OLD 3:15PM-4:00PM | | <u>OPEN DOJO</u> 11:00AM-12:00PM |
| | <u>WHITE BELTS</u> (6-9 YEARS OLD) 4:30PM-5:00PM | <u>INTRODUCTORY</u> 4:30PM-5:00PM | <u>WHITE BELTS</u> (6-9 YEARS OLD) 4:30PM-5:00PM | <u>INTRODUCTORY</u> 4:30PM-5:00PM | <u>INTRODUCTORY</u> 4:30PM-5:00PM | <u>INTRODUCTORY</u> 12:30PM-1:00PM |
| | <u>WHITE BELTS</u> (10-13 YEARS OLD) 5:00PM-5:30PM | <u>BROWN & ADV. BROWN BELTS</u> 5:00PM-6:00PM | <u>WHITE BELTS</u> (10-13 YEARS OLD) 5:00PM-5:30PM | <u>BROWN & ADV. BROWN BELTS</u> 5:00PM-6:00PM | <u>YOUTH SPARRING</u> (6-9 YEARS OLD) 5:00PM-5:45PM | <u>BO (STAFF)</u> 1:00PM-1:45PM |
| | <u>ORANGE & GOLD BELTS</u> 5:30PM-6:00PM | <u>BLACK BELTS</u> (NOVICE) 6:00PM-7:00PM | <u>ORANGE & GOLD BELTS</u> 5:30PM-6:00PM | <u>BLACK BELTS</u> (NOVICE) 6:00PM-7:00PM | <u>CHILD SPARRING</u> (10-13 YEARS OLD) 5:45PM-6:30PM | <u>SWORD</u> 1:45PM-2:30PM |
| | <u>GREEN & PURPLE BELTS</u> 6:00PM-6:45PM | <u>BLACK BELTS</u> (ADVANCED) 7:00PM-8:00PM | <u>GREEN & PURPLE BELTS</u> 6:00PM-6:45PM | <u>BLACK BELTS</u> (ADVANCED) 7:00PM-8:00PM | <u>ADULT SPARRING</u> (14+ YEARS OLD) 6:30PM-7:30PM | <u>NUNCHUCKS</u> 2:30PM-3:15PM |
| | <u>BLUE & RED BELTS</u> 6:45PM-7:30PM | <u>BLACK BELTS</u> (ELITE) 8:00PM-9:00PM | <u>BLUE & RED BELTS</u> 6:45PM-7:30PM | <u>BLACK BELTS</u> (ELITE) 8:00PM-9:00PM | | |
| | <u>ADULTS 14+</u> ALL RANKS 7:30PM-8:30PM | NOVICE: WHITE-GREEN STRIPE ADVANCED: PURPLE-BLACK STRIPE ELITE: 2ND DEGREE & ABOVE | <u>ADULTS 14+</u> ALL RANKS 7:30PM-8:30PM | | | |