



# CJR MARTIAL ARTS

## 2023/24 SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<i>PRIVATE LESSONS: w/ MASTER CHRIS *\$60/HOUR **\$100/2 HOURS</i>	<i>SPARRING: REQUIRED FOR GREEN BELT &amp; ABOVE</i>	
	(Lil' Samurais) Ages: 4-5 4:00-4:30		(Lil' Samurais) Ages: 4-5 4:00-4:30		OPEN DOJO 10:00-11:00
<b>INTRODUCTORY</b>  <b>4:30-5:00</b>	White Belt (Ages: 6-9) 4:30-5:00	<b>INTRODUCTORY</b>  <b>4:30-5:00</b>	White Belt (Ages: 6-9) 4:30-5:00	<b>INTRODUCTORY</b>  <b>4:30-5:00</b>	WEAPONS 11:00-12:00
<b>White Belt</b> (Ages: 10+) <b>5:00-5:30</b>	Orange & Gold Belt (Ages: 6-9) 5:00-5:30	<b>White Belt</b> (Ages: 10+) <b>5:00-5:30</b>	Orange & Gold Belt (Ages: 6-9) 5:00-5:30	<b>SPARRING</b> <b>Ages: 5-9</b> <b>5:00-5:45</b>	<b>INTRODUCTORY</b>  12:00-12:30
<b>Orange &amp; Gold Belt</b> (Ages: 10+) <b>5:30-6:00</b>	<b>BLACK BELT</b> 5:30-6:30	<b>Orange &amp; Gold Belt</b> (Ages: 10+) <b>5:30-6:00</b>	<b>BLACK BELT</b> 5:30-6:30	<b>SPARRING</b> <b>Ages: 10-13</b> <b>5:45-6:30</b>	*PRIVATE LESSON 1:00-2:00
<b>Green &amp; Purple Belt</b> 6:00-6:45	 6:30-7:30	<b>Green &amp; Purple Belt</b> 6:00-6:45	*PRIVATE LESSON 6:30-7:30	<b>SPARRING</b> <b>Ages: 14+</b> <b>6:30-7:15</b>	*PRIVATE LESSON 2:00-3:00
<b>Blue, Red, &amp; Brown Belt</b> 6:45-7:30		<b>Blue, Red, &amp; Brown Belt</b> 6:45-7:30	*PRIVATE LESSON 7:30-8:30	<b>SPARRING</b>  <b>7:15-8:00</b>	
<b>Advanced Brown Belt</b> 7:30-8:30		<b>Advanced Brown Belt</b> 7:30-8:30			

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