

Times	Tuesday	Wednesday	Thursday
5:30 to 6:30	White Belts and Yellow Stripes Patterns & Technical	Transitional Stripes & Black Belts	White Belts to Blue Belts Rank Specific Practice
6:30 to 7:30	Blue Belts to Transitional Stripes Patterns & Technical	Black Belts Only	Red Stripes to Transitional Stripes Rank Specific Practice