

# 2007 Fall Adult Schedule

10/1/07  
-  
12/31/07

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
12:00							
12:15	General Class 12:00-1:30						Green Belt /Advanced 12:15-1:15
12:30							
12:45							
1:00							
1:15							
1:30				General Class 1:15-3:00		General Class 1:15-3:00	
1:45							
2:00							
2:15							
2:30							
2:45	Green Belt 1:30 - 2:30						
3:00							
3:15							
3:30							
3:45							
4:00							
4:15							
4:30							
4:45			Basics Class 4:15-6:00		General Class 4:30-6:00		Advanced Forms 4:30-5:30
5:00							
5:15							
5:30							
5:45							
6:00							
6:15		Sparring / Forms 6:00-6:55			Green Belt 6:05-6:55		
6:30							
6:45			Basics Class 6:15-8:00	White/ Yellow Belt 6:15-7:15		General Class 6:15-7:45	
7:00							
7:15				Sparring / Forms 6:15-7:15	General Class 7:00-8:30		
7:30							
7:45		Basics Class 7:00-8:45					
8:00							
8:15							
8:30							
8:45							
9:00							

Martial Arts in the Public Interest  
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