

SHEPHERD-WARRIOR MARTIAL ARTS

Full Schedule of Classes

Juniors Classes (5-8 year olds):

	Mon/Wed	or	Tue/Thu
White Belts -	3:45 - 4:15 pm		1:00 - 1:30 pm 4:45 - 5:15 pm
Colored Stripe Belts -	4:15 - 5:00 pm		1:30 - 2:15 pm
		Adjusted time	3:45 - 4:30 pm 5:30 - 6:15 pm

Warrior Classes (9-13 year olds):

	Mon/Wed	or	Tue/Thu
White Belts -	3:45 - 4:15 pm 5:45 - 6:15 pm		1:00 - 1:30 pm 4:45 - 5:15 pm
	Mon/Wed	or	Tue/Thu
Colored Belts -	4:15 - 5:00 pm 6:15 - 7:00 pm	**Adjusted time	1:30 - 2:15 pm 3:45 - 4:30 pm** 5:30 - 6:15 pm
Warrior Advanced (Blue & Brown Belts) -	Tue/Thu - 6:15 - 7:00pm		
Black Belt Class -	Tue/Thu - 7:00 - 7:45 pm		

Krav Maga (ages 14 & up):

Beginners (Level 1) -	Mon/Wed	Tue/Thu
	5:45 - 6:30 pm	6:45 - 7:30 pm
Mixed Levels -	Mon/Wed	Tue/Thu
	6:30 - 7:30 pm	10:30 - 11:30 am 7:30 - 8:15 pm
Sparring -	Mon/Wed - 7:30 pm	