



Reminder: All students MUST reserve classes using the Zen Planner app or the student portal by logging into our website AND check-in at the kiosk before class starts.

Students MUST attend their respective class.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am - 9am						Conditioning Class (Twice a Month)
5pm - 5:40pm		Kids Class 4-6yrs old		Kids Class 4-6yrs old	Kids Class 4-6yrs old	
5:45pm - 6:45pm		Beginner Level White - Yellow Tip 12yrs old & Up	Beginner Level White - Yellow Tip 7yrs old & Up	Intermediate Level Yellow tip & Up 8-11yrs old	Beginner Level White - Yellow Tip 7yrs old & Up	
7pm - 8pm		Intermediate Level Yellow Belt & Up 8-11yrs old	Intermediate Level Yellow Belt & Up 12yrs old & Up		Intermediate Level Yellow Belt & Up 12yrs old & Up	

Conditioning & Special classes on Thursdays and Saturdays are marked in Zen Planner and Website Schedule.



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