



Class Schedule

For the Toms River Location 950 Hooper Avenue • Toms River • 732-341-8800

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ninja Class	4:00-4:30	4:00-4:30	11:00-11:30 4:00-4:30	4:00-4:30	11:00-11:30	9:00-9:30 9:30-10:00
Children, Family White•Yellow•Orange	4:35-5:20 6:20-7:05	4:35-5:20 BBC 5:25-5:45 5:50-6:35	4:35-5:20 6:15-7:00	BBC 4:40-5:00 5:00-5:45	4:35-5:20	10:00-10:45
Children, Family Green•Blue•Navy	4:30-5:15 5:30-6:15	4:30-5:15 BBC 5:15-5:35	Advanced Techniques 5:25-6:10	5:35-6:20 BBC 5:15-5:35	Advanced Techniques 5:25-6:10	10:00-10:45
Children, Family Purple•Brown•Red	4:30-5:15 5:30-6:15	5:35-6:20 BBC 5:15-5:35	Advanced Techniques 5:25-6:10	4:30-5:15 BBC 5:15-5:35	Advanced Techniques 5:25-6:10	10:00-10:45
Teens, Family White•Yellow•Orange	6:00-6:45	Advanced Techniques 6:40-7:25 BBC 7:25-7:45	5:20-6:05	Advanced Techniques 7:05-7:50 BBC 7:50-8:10	5:20-6:05	10:50-11:35
Teens, Family Green•Blue•Navy	Advanced Techniques 7:15-8:00	7:05-7:50 BBC 7:50-8:10	Advanced Techniques 7:10-7:55	6:25-7:10 BBC 7:10-7:30	Advanced Techniques 6:10-6:55	10:50-11:35
Teens, Family Purple•Brown•Red	Advanced Techniques 7:15-8:00	7:05-7:50 BBC 7:50-8:10	Advanced Techniques 7:10-7:55	6:25-7:10 BBC 7:10-7:30	Advanced Techniques 6:10-6:55	10:50-11:35
Pre-Black Belt Black Belt	6:55-7:40	Advanced Techniques 6:20-7:05	6:10-6:55	Advanced Techniques 5:50-6:35	Advanced Techniques 6:10-6:55	10:50-11:35
Master's Club and 2nd Degree Black Belts				6:35-7:05		11:35-12:05
Advanced Teens Leadership Class (Red Belts & up13 & up)	7:40-8:25			7:30-8:15		
Adults, Teens (14 and up)	Advanced Techniques 8:00-8:45	8:00-8:45	Advanced Techniques 8:00-8:45	8:00-8:45	7:30-8:15	

ADVANCED TECHNIQUES (Self Defence/Kick Boxing)

Specialized Classes to maximize your performance						Birthday Parties Saturday 12:00-1:30
	Monday	Tuesday	Wednesday	Thursday	Friday	
Weapons Team Sword, Sai & bo All Ages & Belts			7:00-7:30			
Fan Team Class All Ages & Belts					6:20-6:50	
Breaking Class All Ages & Belts					7:00-7:30	

CLASSES IN RED ARE ON THE SECOND FLOOR

BBC = BLACK BELT CLUB