



# Class Schedule

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Ninja Class</b>	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
<b>Children, Family White•Yellow•Orange</b>	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
<b>Children, Family Green•Blue•Navy</b>	4:30-5:15 5:30-6:15	4:30-5:15 BBC 5:15-5:35	4:30-5:15 5:25-6:10	5:35-6:20 BBC 5:15-5:35	5:30-6:15	10:00-10:45
<b>Children, Family Purple•Brown•Red</b>	4:30-5:15 5:30-6:15	5:35-6:20 BBC 5:15-5:35	4:30-5:15 5:25-6:10	4:30-5:15 BBC 5:15-5:35	5:30-6:15	10:00-10:45
<b>Teens, Family White•Yellow•Orange</b>	6:00-6:45	6:40-7:25 BBC 7:25-7:45	5:20-6:05	7:05-7:50 BBC 7:50-8:10	5:20-6:05	10:50-11:35
<b>Teens, Family Green•Blue•Navy</b>	7:15-8:00	7:05-7:50 BBC 7:50-8:10	7:10-7:55	6:25-7:10 BBC 7:10-7:30	6:10-6:55	10:50-11:35
<b>Teens, Family Purple•Brown•Red</b>	7:15-8:00	7:05-7:50 BBC 7:50-8:10	7:10-7:55	6:25-7:10 BBC 7:10-7:30	6:10-6:55	10:50-11:35
<b>Pre-Black Belt Black Belt</b>	6:55-7:40	6:20-7:05	6:10-6:55	5:50-6:35	6:10-6:55	10:50-11:35
<b>Master's Club and 2nd Degree Black Belts</b>				6:35-7:05		11:35-12:05
<b>Advanced Teens Leadership Class (Red Belts &amp; up 13 &amp; up)</b>	7:40-8:25			7:30-8:15		
<b>Adults, Teens (14 and up)</b>	8:00-8:45	8:00-8:45	8:00-8:45	8:00-8:45	7:30-8:15	

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

**CLASSES IN RED ARE ON THE SECOND FLOOR**

**BBC = BLACK BELT CLUB**