


CLASS SCHEDULE (Lake Ridge Location)

www.WoodbridgeKarate.com

(Tel) 703-583-6766

Effective Date: December 10, 2010

Class room	MON			TUE			WED			THUR			FRI			SAT		
	Dojang 1 Tiger	Dojang 2 Dragon	Dojang 3 Lion	Dojang 1 Tiger	Dojang 2 Dragon	Dojang 3 Lion	Dojang 1 Tiger	Dojang 2 Dragon	Dojang 3 Lion	Dojang 1 Tiger	Dojang 2 Dragon	Dojang 3 Lion	Dojang 1 Tiger	Dojang 2 Dragon	Dojang 3 Lion	Dojang 1 Tiger	Dojang 2 Dragon	Dojang 3 Lion
				12:00 – 12: 50 Adults All Belts									12:00 – 12: 50 Adults All Belts					
4:00 to 4:30	Level I Age 5-6 (45 min.)	Private Lesson	A+ After School Program	Lil' Ninjas	Private Lesson	A+ After School Program	Lil' Ninjas	Private Lesson	A+ After School Program	Lil' Ninjas	Private Lesson	A+ After School Program	Instructor Meeting	Private Lesson	A+ After School Program	9:30 – 10:15 AM		
4:30 to 5:15	Lil' Ninjas (Starts at 4:45)	A/S		Level II	A/S		Level I Age 5-6	A/S		Black Belts	A/S		Level III	Level I Age 5-11		Level I Age 5-11		Bo Black
5:15 to 6:00	Black Belts			Black Belts			Level II	Bo Black		White Age 5-6	Level III		Level II	Lil' Ninjas		Level II		
6:00 to 6:45	White Age 5-6	Level I Age 7-11		White Age 7-11	Level I Age 5-6		Level III	Level I Age 7-11		Sparring Age 6-11			White Age 5-11	XMA		Black Belts All Ages		
6:45 to 7:30	Level II Age 5-11			Teens White to Blue	Level III		Level I 7-11	Bo Black		White Age 5-6	White Age 7-11		Family White and Level I	Teens White to Blue		White Age 7-11	Bo Black	Special Events 7:00pm - 8:00pm
7:30 to 8:20	Teens Red & Up	Adults Level I & Up	Adults White	Family All Belts		Adults White & Level I	Teens Red & Up	Adults Level I, II, and III	Adults White	Family All Belts		Adults Level II & Up	12:30 – 1:20					
8:20 to 9:10	Adults Masters GOLD and Instructors only						Teens and Adults Black Belts Only			Teens & Adults Sparring			1:25 – 2:15					
													 Birthday Party					

• **Equipment Requirements**

- **Level I:** Gloves and Boots **Level II:** Plus Head Gear, Nunchaku **Level III:** Plus Chest Guard
- **Bo Dan & Black Belts:** Short Stick, Double Nunchaku, Sparring Gear

- Turn in your Home Report every month for your White Stripe.