


<b>Effective Sept 1st, 2015</b>	<b>Monday A</b>	<b>Tuesday A</b>	<b>Wednesday B</b>	<b>Thursday B</b>	<b>Friday A</b>	<b>Saturday B</b>	<b>Words of Wisdom</b> *Arrive 5-10 minutes prior to your class. *All parents & members must bow at the door to show courtesy and respect. *Place socks and shoes in designated area when entering the mat. NO SHOES ON THE MAT. *Bow onto the edge of the mat confidently, by saying "Do my best" & bow off by saying "did my best". *Turn in your attendance card to your instructor every class. *Try to make an "A" day and "B" day class each week. *Bring your gear to every class *If you arrive late: remain at the edge of the mat until the instructor gives you permission to enter.
<b>Lil Ninjas</b> (Ages 3-4)	5:15-5:45pm	3:45pm-4:15pm	5:15-5:45pm	3:45-4:15pm	3:15-3:45pm	10:00-10:30am	
<b>Lil Dragons</b> <b>All Ranks</b> (Ages 5-6)	3:30-4:00pm *15 minutes extra for Leadership Students	5:15-5:45pm *15 minutes extra for Leadership Students	3:30-4:00pm *15 minutes extra for Leadership Students	5:15-5:45pm *15 minutes extra for Leadership Students	3:45-4:15pm *15 minutes extra for Leadership Students	9:15-9:45am	
<b>Junior Beginner</b> <b>White, Yellow, Orange Belt</b> (Ages 7-12)	4:15-5:00pm or 6:45-7:30pm	4:15-5:00pm	4:15-5:00pm or 6:45-7:30pm	4:15-5:00pm	4:30 - 5:15pm	10:30-11:15am	
<b>Junior Advanced</b> <b>Purple belt and up</b> (Ages 7-12)	5:45-6:30pm	6:00-6:45pm	5:45-6:30pm	6:00-6:45pm	-----	10:30-11:15am	
<b>Teens/Adults</b> <b>All Ranks</b> (Ages 13 and up)	7:30-8:30pm	6:45-7:45pm	7:30-8:30pm	6:45-7:45pm	7:00pm-8:00pm	-----	
<b>Candidate Class</b> <i>High Red's and Up</i>	-----	-----	-----	-----	6:00pm-7:00pm		
<b>Hyper Training</b> <b>Pro-Training/Fight club</b> <i>Ask your Instructor for Details</i>	-----	-----	-----	-----	5:15pm-6:00pm	11:15-12:00pm	



*IF YOU THINK OUR INSTRUCTORS ARE AWESOME IN CLASS, WAIT UNTIL YOU SEE THEM AT A BIRTHDAY PARTY!!! WE DO ALL THE WORK SO YOU CAN SIT BACK AND RELAX. SEE ONE OF YOUR INSTRUCTORS TO RESERVE YOUR PARTY TODAY!*



[WWW.ELITEFORCEBOCA.COM](http://WWW.ELITEFORCEBOCA.COM)

**561-482-8220**

**19635 STATE RD 7 SUITE 38 BOCA RATON, FL**