

OAK RIDGE MARTIAL ARTS ACADEMY CLASS SCHEDULE

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
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|  |  |  |  |  | 9:00-9:30 Dragons |
|  | 10:30-11:00 Dragons |  |  |  |  |
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|  |  | 4:15-4:45 Dragons |  |  |  |
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| 5:15-5:45 Dragons | 5:15-5:45 Dragons |  |  |  | 12-12:45 Belt Graduations |
|  |  |  |  |  | 1PM Parties |
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|  |  |  |  |  | SUNDAY |
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| **KEY: Intro-** New student evaluations Leadership- Leadership development, spar, intro to nunchuckuDragons- ages 4-5 W/Y – white and yellow belts only MBBC- Master Black belt Club training, full weapons program, LeadershipKK – Karate Kids ages 6-9 W/Y/O – white, yellow orange beltsTN- Teens ages 10-15 Adv – blue belts and above Cardio- Cardio Kick Boxing ProgramAD- Adults ages 16 & up All- All ranks welcome Belt Grads- Generally the last Saturday of the month Parties- Call to schedule |