



AIMA Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday	Sunday
Private Lessons	<u>Beginners</u> (White – Adv Orange) Basics 6:30 – 7:15pm	<u>Beginners</u> (age 6 - 12) (White - Orange) Forms 6:00 – 6:45pm	(5 under) Lil Dragons 6:00 – 6:30pm	(5 under) Lil Dragons 10:30 – 11:00am	Birthday Parties
	All Ages & Belts Stripe Test 7:15 – 7:30pm	All Ages & Belts Stripe Test 6:45 – 7:15pm	<u>All Belts</u> (Ages 6 – 9) Sparring 6:40 – 7:25pm	All Ages & Belts Stripe Test 11:00 – 11:30am	
	<u>Inter – Adv</u> (Green +) Basics 7:30 - 8:15pm	<u>Int – Adv</u> (age 6 - 12) (Adv Org – Blue) Forms 7:15 - 8:00pm	<u>All Belts</u> (Ages 10 – 14) Sparring 7:30 - 8:30pm	(All Belts) (Ages 6 – 13) Open Class 11:30am – 12:15pm	Private Lessons
	Adult (all belts) Basics 8:15 - 9:30pm	<u>Adults</u> (age 13+) or (Adv Blue +) Forms 8:00 - 9:00pm	Adult (all belts) Sparring 7:30 - 9:00pm	Family / Adult Class All ages & belts 12:15 – 1:00pm	
				Blue Belt + or Age 11+ Self-Defense 1:00 – 2:00pm	
Personal Training				Adv Brown+ Black Belt Class 2:00 – 4:00pm	Personal Training