



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 – 5:30 PM	LITTLE DRAGONS WHITE – PURPLE 4 – 6 YEARS	LITTLE DRAGONS PURPLE INT & UP 4 – 6 YEARS	LITTLE DRAGONS WHITE – PURPLE 4 – 6 YEARS			10:00 – 10:45 AM TAEKWONDO ALL BELTS 7 + YEARS	BOOK A PRIVATE LESSON!
5:30 – 6:00 PM	LITTLE DRAGONS PURPLE INT & UP 4 – 6 YEARS	LITTLE DRAGONS WHITE – PURPLE 4 – 6 YEARS	LITTLE DRAGONS PURPLE INT & UP 4 – 6 YEARS	LITTLE DRAGONS ALL BELTS 4 – 6 YEARS	LITTLE DRAGONS ALL BELTS 4 – 6 YEARS	10:45 – 11:45 AM TAEKWONDO SPARRING 7 + YEARS	 WE DO THE BEST BIRTHDAY PARTIES!
6:00 – 6:45 PM	CHILDREN ORANGE INT - RED 7 – 12 YEARS	6:00 – 7:00 PM TAEKWONDO SPARRING WHITE - GREEN	CHILDREN ORANGE INT - RED 7 -12 YEARS	CHILDREN WHITE - ORANGE 7 – 12 YEARS	CHILDREN ORANGE INT - RED 7 -12 YEARS	12:00 – 1:00 PM KICKBOXING ADULTS	PARKOUR! ACROBATICS! TAEKWONDO
6:45 – 7:30 PM	CHILDREN WHITE - ORANGE 7 – 12 YEARS	7:00 – 8:00 PM TAEKWONDO SPARRING BLUE - BLACK	CHILDREN WHITE - ORANGE 7 – 12 YEARS	CHILDREN ORANGE INT - RED 7 – 12 YEARS	CHILDREN WHITE - ORANGE 7 -12 YEARS	1:00 – 2:30 PM OPEN GYM TRAINING	
7:30– 8:15 PM	BLACK BELT ACADEMY FAMILY/ TEENS & ADULTS ALL BELTS	8:00 – 8:45 PM FAMILY/ TEENS & ADULTS ALL BELTS	BBA WEAPONS HIGH PERFORMANCE 7:30 – 9:00 pm (Invite Only)	BLACK BELT ACADEMY FAMILY/ TEENS & ADULTS ALL BELTS	7:30 – 8:30 PM TAEKWONDO SPARRING 7 + YEARS	1:30 – 2:30 PM LEADERSHIP TRAINING (Invite Only)	BOOK YOUR BIRTHDAY PARTY WITH US!
8:15 – 9:15 PM	KICKBOXING ADULTS	KICKBOXING ADULTS		KICKBOXING ADULTS		2:30 – 8:00 PM BIRTHDAY PARTIES	



SPARRING CLASS – Must be in Ryouko Performance program to attend

Note - Remember to sign into attendance every class. Bow when entering and exiting the mat.

- Bow to all Black Belts and Masters/Instructors. Please arrive on time for class!

Schedule effective August 8, 2017



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 – 6:45 PM	XSD CHILDREN LEVEL 0 – 1 7 – 11 YEARS		XSD CHILDREN LEVEL 0 – 1 7 – 11 YEARS			11:45 AM – 12:45 PM XTREME SKILLS DEVELOPMENT ALL LEVELS ALL AGES	BOOK A PRIVATE LESSON!  WE DO THE BEST BIRTHDAY PARTIES!
6:45 – 7:30 PM	XSD CHILDREN LEVEL 2 + 7 – 11 YEARS	XSD ACRO TEENS/ADULTS ALL LEVELS 12 + YEARS	XSD CHILDREN LEVEL 2 + 7 – 11 YEARS	XSD ACRO TEENS/ADULTS ALL LEVELS 12 + YEARS		1:00 – 2:30 PM OPEN GYM TRAINING	MARTIAL ARTS! PARKOUR! ACROBATICS!
7:30 – 8:15 PM		XSD STYLE TEENS/ADULTS LEVEL 2 + / BLUE BELT + 12 + YEARS	XSD WEAPONS LEVEL 2 + 7 + YEARS	XSD STYLE TEENS/ADULTS LEVEL 2 + / BLUE BELT + 12 + YEARS		BIRTHDAY PARTIES 2:30 – 8:00 PM	 BOOK YOUR BIRTHDAY PARTY WITH US!

*RMA Open Gym Drop in Fee - Non-Ryouko members - \$10
 - Ryouko Members – FREE