



<u>Class Schedule</u>	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Little Champions</b> 5-7 Yrs Old	5:45PM-6:30PM	4PM-4:45PM	5:45PM-6:30PM	4PM-4:45PM		
<b>Little Champions Black Belt Training</b>	5:45PM – 6:45PM	4PM-5PM	5:45PM – 6:45PM	4PM-5PM		
<b>Kidz</b> 8-12 Yrs Old	4PM-4:45PM	6PM-6:45PM	4PM-4:45PM	6PM-6:45PM		11AM-11:45AM
<b>Kidz Black Belt Training</b>	4PM – 5PM	6PM-7PM	4PM – 5PM	6PM-7PM		11AM-12PM
<b><u>Kidz/Teen/ Adult Premier Training</u></b>	<b>4PM-5:15PM</b>		<b>4PM-5:15PM</b>			<b>11AM-12:15PM</b>
<b>Teen and Adult Krav Maga/ Kickboxing</b>		11-12PM 7-8PM		11-12PM 7-8PM		11AM-12PM
<b>Tai Chi and Qi Gong- Internal Power Training</b>	11AM-12PM 7PM-8PM		11AM-12PM			9AM-10AM
<b>Specialty Classes</b>		<b>1<sup>st</sup> Black+ 5PM-6PM</b>	<b>Grappling 7PM-8PM</b>	<b>DemoTeam 5-6PM</b>	<b>Special Events</b>	<b>Grappling 10AM</b>
<b>Birthday Parties!</b>	<i>Schedule an Awesome Birthday Party- cut your cake with a sword!</i>					1/3PM

**\*Please arrive a few minutes early prepared with your uniform and equipment for class!**

**\*Please put your shoes in the cubby and not on the floor. Help us keep our school neat and clean!**

**\*Martial Arts begin and end with maximum courtesy and respect.**

**\*Parents, please maintain quiet tones while class is in session, disruptions on the side are distracting to the students!**



**[www.WhiteOakMartialArts.com](http://www.WhiteOakMartialArts.com)**

**Build Self Confidence with Humility, Self Respect with Discipline, and Perseverance with a Positive Attitude.**

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