



TRAINING SCHEDULE



Effective: August 14th, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:30pm-5:00pm		Little Champions	Little Champions	Little Champions		<u>10:00am – 10:45am</u> Review Class (Rec. BB & Above)
5:00pm-5:40pm	All Belt (Ages 4 – 11)	All Belt (Ages 4 – 11)	All Belt (Ages 4 – 11)	All Belt (Ages 4 – 11)	All Belt (Ages 4 – 11)	<u>11:00am – 11:45am</u> All Belt (All Ages)
5:45pm-6:30pm	Intermediate /Advanced (All Ages)	Beginner (All Ages)	Intermediate / Advanced (All Ages)	Beginner (All Ages)	Sparring Class (Yellow 1 st & Above)	<u>11:50am – 12:20pm</u> Weapons (6 weeks on / off)
6:40pm-7:50pm	Advanced / Elite (Rec. BB & Above)	All Belt Adult (10 & Above)	All Belt Adult (10 & Above)	All Belt Adult (10 & Above)	Demo Team	
7:55pm-8:30pm				Leadership (Blue & Higher)		

CLASS GUIDE

Beginner: For White Belt – Green Belt students

Intermediate: For Green 1st & Above students to learn more advanced techniques

Weapons: For Students ages 6 years and above. (Must purchase weapons through WMAAH.)

All Belt: Students of all belt levels may attend

Sparring: For Yellow 1st & Above all ages may attend

Demo Team: This class is by invitation only. Ask Instructor for more details

Leadership: For student's Blue belt & above to learn how they can help with classes.



WORLD MARTIAL ARTS ACADEMY – HAZELWOOD

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