

TOKYO JOE'S STUDIOS OF SELF DEFENSE
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AS OF FEB 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				BLACK BELT CLUB EVERY FRIDAY	CARDIO KICKBOXING 8:00 – 8:50
ADULT & PANTHER OPEN 9:30 – 10:30	LITTLE DRAGONS OPEN 9:30 – 10:00	ADULT & PANTHER OPEN 9:30 – 10:30	LITTLE DRAGONS OPEN 9:30 – 10:00		LITTLE DRAGONS OPEN 9:00 – 9:30
BJJ 10:30 – 11:30	Jr. Panthers Open Only During The Summer 10:10 – 10:50	BJJ 10:30 – 11:30	Jr. Panthers Open Only During The Summer 10:10 – 10:50		JR. PANTHERS OPEN 9:40 – 10:25
	ADULT & PANTHER OPEN 11:00 – 12:00				ADULT & PANTHER OPEN 10:30 – 11:30
LITTLE DRAGONS BEG. 4:15 – 4:45	LITTLE DRAGONS INT. 4:15 – 4:45	LITTLE DRAGONS ADV. 4:15 – 4:45	LITTLE DRAGONS OPEN 4:15 – 4:45	LITTLE DRAGONS OPEN 4:15 – 4:45	AIKIDO CLASS 9:00 – 10:30 AM SATURDAYS
JR. PANTHERS BEG. 5:00 – 5:45	JR. PANTHERS OPEN 5:00 – 5:45	JR. PANTHERS ADV. & SUPER ADV 5:00 – 5:45	JR. PANTHERS INT. 5:00 – 5:45	JR. PANTHERS OPEN 5:00 – 5:45	
THAI KICKBOXING 6:00 – 6:55	LITTLE DRAGONS & JR. PANTHERS SPARRING 6:00 – 6:45	THAI KICKBOXING 6:00 – 6:55	WEAPONS CLASS 6:00 – 6:40	THAI KICKBOXING 6:00 – 6:55	
			AIKIDO CLASS 7:45 – 8:45 PM	ADULT & PANTHER OPEN 6:00 – 6:50	
ADULT & PANTHER OPEN 7:00 – 7:50	CARDIO KICKBOXING 7:00 – 8:00	ADULT & PANTHER OPEN 7:00 – 7:50	CARDIO KICKBOXING 7:00 – 8:00		SATURDAY BJJ/MMA OPEN CLASS 1030 – 12.30 1:00 – 2:00PM FIGHTER TRAINING (INVITE ONLY)
BJJ 7:00 – 8:00	ADULT & PANTHER SPARRING 7:00-8:00		BLACK BELT CLASS 7:00-7:45		
MMA 8:00 – 9:30	BJJ & MMA 8:00 – 9:30	MMA 8:00 – 9:30	BJJ & MMA 8:00 – 9:30		
RULES OF THE SCHOOL: If you are more than 10 minutes late to class – you will not be permitted to attend Gis Must Be Worn (Karate T-Shirts May Be Worn But No White T-Shirts) Rank Belts Must Be Worn Please Be On Time To Class Respect Must Be Shown At All Times			AGE GROUPS Pre-School (Little Dragon) Junior (Jr. Panthers) Adult & Teens (Panthers)	AGES 3 – 6 Yrs 7 – 11 Yrs 12 Yrs & Up	RANKS Beginner: White- Yellow Intermediate: Orange- Purple Advanced: Blue- Blue/ Green Super Advanced: Green & Up