

Maricopa Black Belt Academy 2009 Class Schedule
(Effective 9/21/09)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AM Yoga		5:30-6:15 AM		5:30-6:15 AM		
AM Pilates		6:15-7:00 AM		6:15-7:00 AM		
Mommy/Daddy and Baby Yoga		8:15-9:00 AM		8:15-9:00 AM		
Private Lessons	BY APPOINTMENT ONLY					
Tiny Tigers (Ages 4-6)	Orange & Yellow: 5:30-6:00 PM Camo & Above 6:00-6:30 PM	White (or New): 5:30-6:00 PM	Orange & Yellow: 5:30-6:00 PM Camo & Above 6:00-6:30 PM	White (or New): 5:30-6:00 PM		9:00-9:30 AM
White Belts (Ages 7+)		6:00-6:30 PM		6:00-6:30 PM		9:30-10:00 AM
Orange/Yellow Belts		6:30-7:15 PM		6:30-7:15 PM		10:00-10:30 AM
Camo/Green Belts	6:30-7:15 PM		6:30-7:15 PM			10:30-11:00 AM
Purple/Blue Belts		7:15-8:00 PM		7:15-8:00 PM		11:00-11:30 AM
Brown/Red Belts	7:15-8:00 PM		7:15-8:00 PM			11:30-12:00 PM
Black Belt Club / Master Club			8:00-8:45 PM			12:00-12:30 PM
Black Belts Only	8:00-8:45 PM			8:00-8:45 PM		12:30-1:00 PM
Competition Class					± 6:30-8:00 PM	
Leadership Class		8:00-8:45 PM Leadership Class				± 1:00-2:00 PM

Black Belt & Master Club Students: You may attend ALL classes available for your rank AND below, to work towards the Songahm Star!

Park & Recreation Students: Your class days and times are ONLY Monday-Thursday, for your respective belt level, which is two days a week.

± Competition classes on Friday and Leadership classes on Saturday will vary monthly. Please check monthly calendar for these classes.