

# SPOTSYLVANIA BLACK BELT ACADEMY

## Class Schedule *(effective July 1, 2008)*

	MON	TUE	WED	THU	FRI	SAT
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### KARATE FOR KIDS (Ages 6-12)

White to Yellow Belts		6:15		4:45	5:30	9:00 AM
Camo to Blue Belts		4:45	5:30	6:15	6:15	9:45 AM
Brown to Red/Black Belts		5:30	6:15	5:30	6:15	9:45 AM
Black Belts (1BD +)		7:00	7:00	7:00		11:15 AM
Sparring Class (K4K)					7:00	10:30 AM

### TEENS AND ADULTS (Ages 13 and up)

White to Red/Black Belts		7:45	8:30	7:45	7:45	
Black Belts		8:30	7:45	8:30		12:00 PM
Sparring Class (Adult)					8:30	12:45 PM

### SPECIALTY CLASSES (By Invitation Only)

ATA Xtreme (Basic Level)			4:45			
ATA Xtreme (Intermediate Level)					4:45	
Instructor Training						8:00 AM

NOTE: All Monday-Friday class times are PM