

# ALPHA

## MARTIAL ARTS ACADEMY

### CLASS SCHEDULE

Effective 8/1/2022 and subject to change

All classes in the afternoon unless otherwise stated.  
Monday 5:00 & 6:00pm classes are sparring & forms

#### MONDAY

4:15 .....Ninjas - SF (30min)  
4:15 .....Youth BEG - FF (30min)  
4:15 .....INT ALL - FF (30min)  
5:00 .....Teen/Adult BEG -FF (45min)  
5:00 ..... INT ALL - FF (45min)  
5:00 .....ADV - SF (45min)  
6:00 ...Black Belts - FF & SF (45min)  
7:00 .....Kobudo - FF & SF (45min)

#### WEDNESDAY

4:15 .....Ninjas - SF (30min)  
4:15 .....Youth BEG - FF (30min)  
4:15 .....INT ALL - FF (30min)  
5:00 .....Teen/Adult BEG -FF (45min)  
5:00 .....INT ALL - FF (45min)  
5:00 .....ADV - SF (45min)  
6:00 ...Black Belts - FF & SF (45min)  
7:00 .....Kobudo - FF & SF (45min)

#### TUESDAY

6:00 Black Belt Kobudo - FF (45min)  
7:00 .....Yama Bushi Kai - FF (1hr)

#### THURSDAY

4:15 .....Ninjas - SF (30min)  
4:15 .....Youth BEG - FF (30min)  
4:15 .....INT ALL - FF (30min)  
5:00 .....Teen/Adult BEG -FF (45min)  
5:00 .....INT ALL - FF (45min)  
5:00 .....ADV - SF (45min)  
6:00 ...Black Belts - FF & SF (45min)  
7:00 .....Sandan + above FF (60min)

#### Age Groups:

- **Ninjas** 3.5-6.9 years
- **Youth** 7-12 years
- **Teens** 13 +
- **Adults** 18 +
- **ALL** = All Ages

#### Experience & Rank:

- **BEG** = Beginners
- **WB** = **White Belt** and w/Yellow Stripe
- **INT** = **Intermediate**; Green & Blue belts
- **ADV** = **Advanced**; Red & Brown belts
- **BB** = **Black Belt**; Youth & Adult ranks
- **SANDAN** = 3<sup>rd</sup> degree Adult or 5<sup>th</sup> level Youth Black Belt or greater

#### OTHER KEYS:

**CB** = Colored Belts  
**FF** = First Floor  
**SF** = Second Floor

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