



Effective 08/20/2009

TIME	MON	TUE	WED	THU	TIME	SATURDAY
12:00 - 1:15		All Levels ADULT Only		All Levels ADULT Only	9:45 - 10:15	Little Dragons
					10:15 - 10:45	Little Ninja
4:30 - 5:00	Little Dragons		Little Dragons		10:45 - 11:30	All Levels YOUTH Only
4:45 - 5:30		Level 1 Youth Only		Level 1 Youth Only	11:30 - 12:15	All Levels ADULT Only
5:00 - 5:30	Little Ninja		Little Ninja		12:15 - 1:00	Black Belt Class and Black Belt Club ADULT Only
5:30 - 6:15	All Levels YOUTH Only	Level 2 & Level 3	All Levels YOUTH Only	Level 2 & Level 3	1:00 -	Special Seminars
6:15 - 7:00	All Levels ADULT Only	Level 1 Adult Only	All Levels ADULT Only	Level 1 Adult Only		
7:00 - 7:45	Weapons	Level 2 & Level 3 Adult Only	Weapons	ROTATION CLASSICAL, H.I.T GROUND FIGHTING		
7:45 - 8:30			Meditation Class	Level 2 & Level 3		

WEAPONS AND CLASSICAL BUDO ARE OPEN TO ALL BELT LEVELS.
 Please arrive at least 10 minutes early to change and prepare for class.
 Please make sure to wear foot covering ... NO BARE FEET.
 Please call us at (513) 770-0834 if you cannot make class.

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