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Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Shin Kickers 5:00 - 5:30	Adv Beginners 5:00 - 5:35	Shin Kickers 5:00 - 5:30	Open Sparring 5:00 - 5:35	Private Lessons	Birthday Party
Exit and Clean	Exit and Clean	Exit and Clean	Exit and Clean		
Beginners 5:45 - 6:20	Intermediate 5:45 - 6:20	Open Sparring 5:45 - 6:20	Open Sparring 5:45 - 6:20	Private Lessons	
Exit and Clean	Exit and Clean	Exit and Clean	Exit and Clean	* Be on time for class. * Be dressed before class starts. * Use the restroom before or after class. * No food, drinks, or shoes on the mats.	
Advanced 6:30 - 7:10	Black Belts 6:30 - 7:10	Open Sparring 6:30 - 7:10			
Exit and Clean	Exit and Clean	Exit and Clean			

King Tiger Belmont strongly suggests that before starting any exercise program you have a physical by a physician and discuss with him/her your exercise intentions.

Shin Kickers	Beginners	Adv Beginners	Intermediate	Advanced	Open Sparring
White Belt White with Orange Stripe White with Green Stripe White with Blue Stripe White with Purple Stripe White with Red Stripe White with Black Stripe (Once a week)	White Belt White with Red Stripe White with Black Stripe White with Yellow Stripe	Yellow with White Stripe Yellow Belt Yellow with Black Stripe Yellow with Green Stripe	Green with White Stripe Green Belt Green with Black Stripe Green with Blue Stripe Blue with White Stripe Blue Belt Blue with Red Stripe	Red Belt Red with Black Stripe Black Belt	General students are invited to attend any or all Open Sparring sessions.