

# Robertsdale Schedule



Effective March 23, 2009. Schedule subject to change as school grows.

MONDAY "A" DAY	TUESDAY "A" DAY	WEDNESDAY "B" DAY	THURSDAY "B" DAY	FRIDAY	SATURDAY
Junior Intermediate & Advanced 4:00 — 4:45 pm	Li'l Champs 5:00—5:30 pm BBC 5:30—5:45 pm	Junior Intermediate & Advanced 4:00 — 4:45 pm	Li'l Champs 5:00—5:30 pm BBC 5:30—5:45 pm	Juniors All Levels * 4:00—5:00 pm	Black Belt Candidate Class ALL HIGH RED BELTS MUST ATTEND!
Junior Black Belts 4:45—5:00 pm	Junior Beginners 5:45—6:30 pm	Junior Beginners & Advanced Li'l Champions 5:00—5:30 pm/ BBC—5:30—5:15	Junior Beginners 5:45—6:30 pm	Demo Team Practice* 5:00—6:00 pm	8:00 am to 10:00 am
Junior Beginners & Advanced Li'l Champions 5:00—5:30 pm/ BBC—5:30—5:15	Adult Beginners 6:30—7:15 pm		Adult Beginners 6:30—7:15 pm	Adult Beginner/ BBC 6:00—7:00 pm	
Junior Intermediate & Advanced 6:00—6:45 pm	Adult BBC 7:30—8:30 pm	Junior Intermediate & Advanced 6:00—6:45 pm	Adult BBC 7:30—8:30 pm	MMA Class* (PURPLE TO BLACK ADULTS ONLY!) 7:00—8:00 pm	
Junior Black Belts 6:45—7:00 pm	Adult Black Belts 8:30—8:45 pm		<p><b>SAFETY FRIDAYS!</b> Each class on Friday will incorporate child safety and bully defense training. If we don't practice our defenses, we won't be able to use them under stress!</p> <p>*On BBC Night, Junior BBC will be 6:00—7:00. There will be no MMA Class on BBC Night!</p>	<p><b>BIRTHDAY PARTY TIME!</b> Call <b>947-9099</b> to reserve your party!</p>	
Adult Beginners 7:00—7:45 pm	<p><b>Choose One "A" Day and...</b></p> <p>On "A" Days, we work Skills/Drills/Conditioning and Curriculum Training</p>	<p><b>...Choose One "B" Day for balanced Training</b></p> <p>On "B" Days, Self-Defense and Sparring Drills are practiced.</p>			
Adult BBC 7:00—8:00 pm					

## DOJO PROTOCOL

- Please arrive 10—15 minutes prior to class time ready for class.
- Remain in proper warm-up area until called onto the floor.
- Never disturb the class in session.
- Quietly stretch and prepare quietly for class.
- All valuables should be left in your car.
- Clean uniform and hygiene habits are a must.
- All guests should remain in seating area.
- All shoes should be placed in shoerack.
- Children must remain in designated areas.

## HAVE YOUR BIRTHDAY PARTY HERE!

Just bring the camera, order the pizza and bring the cake, we'll do the rest! Each 90 minute party includes an exciting karate lesson developing teamwork through games and drills! Each child gets a gift certificate and the Birthday Child gets a special gift!

**Call 947-9099 to reserve your party!**



PHONE: 251-947-9099  
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