



Class Schedule

For the Toms River Location 950 Hooper Avenue • Toms River • 732-341-8800

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Ninja Class	4:00-4:30	4:00-4:30	11:00-11:30 4:00-4:30	4:00-4:30	11:00-11:30 4:00-4:30	9:00-9:30 9:30-10:00
Children, Family White•Yellow•Orange	4:30-5:15	4:30-5:15 BBC 5:15-5:30	4:30-5:15	4:30-5:15 BBC 5:15-5:30	4:30-5:15	10:00-10:45
Children, Family Green•Blue•Navy	5:20-6:05	BBC 5:15-5:30 5:30-6:15	5:20-6:05	BBC 5:15-5:30 5:30-6:15	5:20-6:05	10:00-10:45
Children, Family Purple•Brown•Red	5:20-6:05	BBC 5:15-5:30 5:30-6:15	5:20-6:05	BBC 5:15-5:30 5:30-6:15	5:20-6:05	10:00-10:45
Teens, Family White•Yellow•Orange	6:00-6:45	6:20-7:05	5:20-6:05	6:20-7:05	5:20-6:05	10:50-11:35
Teens, Family Green•Blue•Navy	6:50-7:35		6:10-6:55	6:15-7:00	6:10-6:55	10:50-11:35
Teens, Family Purple•Brown•Red	6:50-7:35		6:10-6:55	6:15-7:00	6:10-6:55	10:50-11:35
Pre-Black Belt Black Belt	6:10-6:55	5:30-6:15	6:10-6:55	5:25-6:10	6:10-6:55	10:50-11:35
DEMO					6:10-6:40	11:30-12:00
Advanced Leadership Class (Red Belts & up13 & up)	7:00-7:45	Master's Class 6:30-7:00	7:00-7:45	7:10-7:55		
Adults, Teens (14 and up)	8:00-8:45		7:00-7:45	7:10-7:55		

Specialized Classes to maximize your performance						Birthday Parties Saturday 12:00-1:30
	Monday	Tuesday	Wednesday	Thursday	Friday	
Weapons Team Sword, Sai & bo All Ages & Belts						
Fan Team Class All Ages & Belts					6:20-6:50	
Breaking Class All Ages & Belts					7:00-7:30	

CLASSES IN RED ARE ON THE SECOND FLOOR

BBC = BLACK BELT CLUB