



# Class Schedule

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

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

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

CLASSES IN RED ARE ON THE SECOND FLOOR

BBC = BLACK BELT CLUB