



Elk Grove - Laguna

Effective February 10, 2019

9168 Franklin Blvd.
Elk Grove, CA 95758
916-684-3283

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Academy Hours	2:30p – 8:30p	2:30p – 8:30p	2:30p – 8:30p	2:30p – 8:30p	2:30p – 7:30p	9:00a – 1:00p
JUNIOR CLASSES						
Lil' Samurai	3:30p – 4:15p	5:45p – 6:30p	3:30p – 4:15p	5:45p – 6:30p	3:30p – 4:00p	11:30a – 12:00p
Junior White through Gold Belt					4:00p – 4:45p	
Junior White through Orange Belt	5:45p – 6:30p	3:30p – 4:15p	5:45p – 6:30p	3:30p – 4:15p		10:00a – 10:45a
Junior Intermediate Orange Belt	6:30p – 7:15p		6:30p – 7:15p		4:45p – 5:30p	
Junior Intermediate Green through Blue Belt	5:00p – 5:45p 6:30p – 7:15p	4:15p – 5:00p	5:00p – 5:45p 6:30p – 7:15p	4:15p – 5:00p	4:45p – 5:30p	10:00a – 10:45a
Junior Advanced Red through Advanced Brown Belt	4:15p – 5:00p 5:00p – 5:45p	4:15p – 5:00p 6:30p – 7:15p	4:15p – 5:00p 5:00p – 5:45p	4:15p – 5:00p 6:30p – 7:15p	5:30p – 6:15p	10:45a – 11:30a
Junior Black Belt	4:15p – 5:00p 6:30p – 7:15p	5:00p – 5:45p 6:30p – 7:15p	4:15p – 5:00p 6:30p – 7:15p	5:00p – 5:45p 6:30p – 7:15p	5:30p – 6:15p	10:45a – 11:30a
Black Belt Prep					5:30p – 6:15p	
Birthday Party						1:00p – 2:30p
ADULT CLASSES						
Teen All Belts	7:15p – 8:15p	5:00p – 5:45p	7:15p – 8:15p	5:00p – 5:45p	6:15p – 7:00p	9:00a – 10:00a
Adult All Belts	7:15p – 8:15p	7:15p – 8:15p	7:15p – 8:15p	7:15p – 8:15p	6:15p – 7:00p	9:00a – 10:00a



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Belt Promotion Times - Wednesday	Belt Promotion Times - Thursday
All Teens – 7:15p All Adults – 7:15p	Lil' Samurai – 4:30p Junior Beginners – 5:15p Juniors Intermediate – 6:00p Advanced – 6:45p

Students are expected to:

1. Arrive 10 – 15 minutes prior to scheduled class.
2. Pull attendance card after changing into uniform.
3. Keep uniforms neat, clean, and odor-free.
4. Quietly prepare for class (do not disturb the class in session).
5. Always show respect to instructors and students.
6. Always be well-mannered, and behave properly.
7. Attend class on a regular and consistent basis.
8. Make arrangements with instructors for make-up classes.
9. Show proper effort and spirit in the classroom.
10. Practice and exercise at home for better results.
11. Memorize and apply Student Creed.
12. Develop and maintain a positive well-disciplined attitude.