



**ANN ARBOR  
BLACK BELT ACADEMY**  
HEALTH • KNOWLEDGE • POWER

# CLASS SCHEDULE

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3650 CARPENTER RD, SUITE C, ANN ARBOR, MI 48197

Time / Period	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10am-11am		<b>SENIORS ONLY</b> 10:00 - 11:00		<b>SENIORS ONLY</b> 10:00 - 11:00		<b>ADULTS / FAMILY</b> <i>ALL BELTS</i> 10:00 - 11:30
11am - 12pm	<b>ALL BELTS</b> 10:30AM - 12PM		<b>ALL BELTS</b> 10:30AM - 12PM		<b>ALL BELTS</b> 10:30AM - 12PM	
12pm - 1pm						<b>KIDS</b> <i>ALL BELTS</i> 11:30 - 12:30
1pm - 2pm						<b>KIDS DAE DO SPARRING</b> <i>6-12</i> 1:00 - 3:00
2pm - 3pm						
3pm - 4pm						<b>ADULTS DAE DO SPARRING</b> <i>13+</i> 3:00 - 5:00
4pm - 5pm	<b>LIL' DRAGONS</b> <i>3-5 / YELLOW +</i> 4:00 - 4:45	<b>LIL' DRAGONS</b> <i>3-5 / WHITE</i> 4:00 - 4:45	<b>LIL' DRAGONS</b> <i>3-5 / YELLOW +</i> 4:00 - 4:45	<b>LIL' DRAGONS</b> <i>3-5 / WHITE</i> 4:00 - 4:45	<b>KIDS OPEN MAT</b> 4:00 - 6:00	
5pm - 6pm	<b>KIDS</b> <i>6-12 / WHITE + YELLOW</i> 4:45 - 5:30	<b>KIDS</b> <i>6-12 / GREEN +</i> 4:45 - 5:30	<b>KIDS</b> <i>6-12 / WHITE + YELLOW</i> 4:45 - 5:30	<b>KIDS</b> <i>6-12 / GREEN +</i> 4:45 - 5:30		
6pm - 7pm	<b>KIDS</b> <i>6-12 / GREEN +</i> 5:30 - 6:30	<b>KIDS</b> <i>6-12 / WHITE + YELLOW</i> 5:30 - 6:30	<b>KIDS</b> <i>6-12 / GREEN +</i> 5:30 - 6:30	<b>KIDS</b> <i>6-12 / WHITE + YELLOW</i> 5:30 - 6:30		
7pm - 8pm	<b>ADULT / FAMILY</b> <i>13+ / ALL BELTS</i> 6:30 - 7:30	<b>ADULTS</b> <i>13+ / BLUE +</i> 6:30 - 7:30	<b>ADULT / FAMILY</b> <i>13+ / ALL BELTS</i> 6:30 - 7:30	<b>ADULTS</b> <i>13+ / BLUE +</i> 6:30 - 7:30	<b>ADULTS OPEN MAT</b> 6:00 - 8:00	
8pm - 9pm	<b>BEGINNER / FAMILY</b> <i>3+</i> 7:30 - 8:30	<b>ADULTS / FAMILY</b> <i>3+ / ALL BELTS</i> 7:30 - 8:30	<b>BEGINNER / FAMILY</b> <i>3+</i> 7:30 - 8:30	<b>ADULTS / FAMILY</b> <i>3+ / ALL BELTS</i> 7:30 - 8:30		