



ALPHA

MARTIAL ARTS ACADEMY

CLASS SCHEDULE

Effective 02/14/2023 and subject to change

All classes are 60 minutes unless otherwise stated.
 Monday 5:00 & 6:00PM classes are Sparring & Forms
 All classes held on first floor unless otherwise stated

MONDAY

4:15Ninjas, second floor (30)
 4:15Youth BEG & INT (30m)
 5:00 Mixed Ages/Rank Teen/Adult
 5:00Youth INT & ADV Spar & Forms
 6:00BB & Invitation Spar & Forms
 7:00 Kobudo

TUESDAY

4:00Private lessons*, second floor
 5:00Private lessons*, second floor
 5:00Belt Meetings (by invitation+)
 6:00Private lessons*, second floor
 6:00Black Belt Kobudo
 7:00 Yama Bushi Kai

WEDNESDAY

4:15 Ninjas, second floor (30m)
 4:15 Youth BEG & INT (30m)
 5:00Mixed Ages BEG
 5:00Mixed Ages INT/ADV
 6:00Black Belts
 6:00Adults only, second floor
 7:00Kobudo

THURSDAY

4:15 Ninjas, second floor (30m)
 4:15Youth BEG & INT (30m)
 5:00Mixed Ages BEG
 5:00Mixed Ages INT/ADV
 6:00Black Belts
 6:00Adults only, second floor
 7:00 Sandan+above
 7:00Tai Chi (second flr)

FRIDAY & SUNDAY

Closed

SATURDAY

9:00AMKobudo Review
 10:30Ninjas, second floor (30m)
 10:30Mixed Ages/Ranks
 12 & onReserved Testing, Parties & Events

Age Groups:

- **Ninjas** 3.5-6.9 years
- **Youth** 7-12 years
- **Teens** 13 +
- **Adults** 18 +
- **Mixed Ages** = All Ages

*Private lessons scheduled in advance

Experience & Rank:

- **BEG** = **B**eginners
- **WB** = **W**hite **B**elt and w/Yellow Stripe
- **INT** = **I**ntermediate; Green & Blue belts
- **ADV** = **A**dvanced; Red & Brown belts
- **BB** = **B**lack **B**elt; Youth & Adult ranks
- **SANDAN** = 3rd degree Adult or 5th level Youth Black Belt or greater
- **Mixed Rank** = All belts

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