

ALPHA

MARTIAL ARTS ACADEMY

CLASS SCHEDULE

Effective 01/01/2023 and subject to change

All classes are 60 minutes unless otherwise stated.

Monday 5:00 & 6:00PM and Saturday 10:30AM classes are Sparring & Forms

All classes held on first floor unless otherwise stated

MONDAY

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

TUESDAY

5:00Belt Meetings (by invitation†)
 6:00Black Belt Kobudo
 7:00 Yama Bushi Kai

WEDNESDAY

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

THURSDAY

4:15 Ninjas, second floor (30m)
 4:15 Youth BEG (30m)
 4:15 Youth INT (30m)
 5:00Mixed Ages/Rank Teen/Adult
 5:00BEG
 5:00 INT
 5:00ADV
 6:00Black Belts
 7:00 Sandan+above

FRIDAY

Closed

SATURDAY

9:00AM Kobudo Review
 10:30AM Ninjas, second floor (30m)
 10:30AM Mixed Ages/Ranks

12-4:00 Reserved Testing, Parties & Events

Age Groups:

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

Experience & Rank:

- **BEG** = Beginners
- **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

~ 40 Vinal Square ~ N. Chelmsford, MA ~ 01863 ~

Phone: 978-251-1331 ~ Email: chelmsford@alphatkd.com ~ Web: www.alphatkd.com