



IN-PERSON & ONLINE CLASS SCHEDULE

Effective 10/1/2021 and subject to change

MONDAY IN-PERSON

4:15 pmNinjas - SF (30min)
 4:15 pmYouth Beginner - FF (30min)
 4:15 pm ..Intermediate ALL - FF (30min)
 5:00 pmTeen/Adult BEG -FF (45min)
 5:00 pm ...Intermediate ALL - FF (45min)
 5:00 pmAdvanced - SF (45min)
 6:00 pm ...Black Belts - FF & SF (45min)
 7:00 pmKobudo - FF & SF (45min)

WEDNESDAY IN-PERSON

4:15 pmNinjas - SF (30min)
 4:15 pmYouth Beginner - FF (30min)
 4:15 pm ...Intermediate ALL - FF (30min)
 5:00 pmTeen/Adult BEG -FF (45min)
 5:00 pm ...Intermediate ALL - FF (45min)
 5:00 pmAdvanced*- SF (45min)
 6:00 pm ..Black Belts* - FF & SF (45min)
 7:00 pmKobudo - FF & SF (45min)

TUESDAY IN-PERSON

6:00 pmBlack Belt Kobudo(45min)
 7:00 pmYama Bushi Kai (1hr)

THURSDAY ALL ONLINE

4:15 pmNinjas (30min)
 4:15 pmYouth Beginner (30min)
 4:50 pmYouth Intermediate (30min)
 4:50 pmYouth Advanced (45min)
 5:25 pm ...Teen/Adult BEG & CB (45min)
 6:15 pmBlack Belts (45min)
 7:05 pmSandan + above (45min)

* Indicates that there is an online option for class.

Age Groups:

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

Experience & Rank:

- **WB** = **White Belt** and w/Yellow Stripe
- **INT** = **Intermediate**; Green & Blue belts
- **ADV** = **Advanced**; Red & Brown belts
- **BB** = **Black Belt**; Youth & Adult ranks
- **SANDAN** = 3rd degree Adult or 5th level Youth Black Belt or greater

OTHER KEYS:

CB = Colored Belts
BEG = Beginners
FF = First Floor
SF = Second Floor

~ 40 Vinal Square ~ N. Chelmsford, MA ~ 01863 ~
 Phone 978-251-1331 ~ Email chelmsford@alphanatkd.com