

ENERGY MARTIAL ARTS ACADEMY

August 2020

ONLINE MARTIAL ARTS CLASS SCHEDULE

	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:15	9:00	
Monday	Youth White & Yellow Belt	Youth Green Belt	Youth Blue Belt	Youth Brown Belt		Youth White & Yellow Belt	Adult White & Yellow Belt	Adult Blue Belt	Adult Brown Belt		
Tuesday	Youth White & Yellow Belt	Youth Orange Belt	Youth Red Belt	Youth White & Yellow Belt	Youth Black Belt	Youth Orange Belt	Youth & Adult Weapons BBP	Adult Orange & Green Belt	Adult Red Belt	Adult Black Belt	
Wednesday	Youth White & Yellow Belt	Youth Green Belt	Youth Blue Belt	Youth Brown Belt		Youth White & Yellow Belt	Adult White & Yellow Belt	Adult Blue Belt	Adult Brown Belt		
Thursday	Youth White & Yellow Belt	Youth Orange Belt	Youth Red Belt	Youth White & Yellow Belt	Youth Black Belt	Youth Orange Belt	Youth & Adult Weapons BBP	Adult Orange & Green Belt	Adult Red Belt	Adult Black Belt	
Friday	*Interactive Tutorials* Please see booking Schedule Available August 10			Youth Green Belt		Youth Blue Belt	*Interactive Tutorials* Please see booking Schedule Available August 10				
Saturday	*Interactive Tutorials* Please see booking Schedule Available August 10			10:30am		11:00am		*Interactive Tutorials* Please see booking Schedule Available August 10			
				Youth White & Yellow Belt		Youth Orange Belt					

Please use the pre-recorded class warm up before you join your class.
 4:00, 4:30, 5:00, 5:30, 6:30, 7:15 Timeslots are 20 Minutes in length.
 7:30, 8:15 Timeslots are 35 Minutes in length.
 6:00 Youth & 9:00 Adult Black Belt Class is live from the floor, 40 Minutes in length.
 Interactive tutorials are 10 Minutes in length.
 Please be advised: Schedule subject to change without notice.