

ENERGY MARTIAL ARTS ACADEMY

August 2021

ONLINE MARTIAL ARTS CLASS SCHEDULE

	4:00	4:30	5:00	5:30	6:00	6:30	7:00	7:30	8:00	8:30
Monday	Youth Green	Youth Blue	Youth White & Yellow	Youth Orange	Youth Red		Youth Brown	Adult Brown	Adult Gree	Adult Blue
Tuesday	Youth White & Yellow	Youth Orange	Youth Green	Youth Blue	Youth White & Yellow			Adult White & Yellow	Adult Orange	Adult Red
Wednesday	Youth Green	Youth Blue	Youth White & Yellow	Youth Orange	Youth Red		Youth Brown	Adult Brown	Adult Green	Adult Blue
Thursday	Youth White & Yellow	Youth Orange	Youth Green	Youth Blue	Youth White & Yellow			Adult White & Yellow	Adult Orange	Adult Red
Friday	*Interactive Tutorials*									

Please use the pre-recorded class warm up before you join your class.

Timeslots are 25 Minutes in length.

Interactive tutorials are 10 Minutes in length.

Please be advised: Schedule subject to change without notice.