



Located at Rite-Aid Plaza (Corner of Crooks Rd and South Blvd)
 1881 South Blvd W, Troy, Michigan (248) 828-4360
www.TroyMartialArts.com
 Proudly Serving Michigan Since 1980!

Troy Martial Arts 2023 Schedule

*We recommend 2 classes per week

**Sparring Class limited to one time per week

Age	Belt	MON	TUE	WED	THU	FRI	SAT
5 to 10	Beginner Classes <i>(White/Yellow)</i>	4:30 - 5:00pm ----- 6:50 - 7:30pm Sparring Only	5:10 - 5:50pm	4:30 - 5:00pm ----- 6:00 - 6:40pm Sparring Only	6:00 - 6:40pm	5:10 - 5:50pm	9:50 to 10:30am
	Sr Yellow Green Sr Green	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm	10:40 to 11:20am
	Blue Sr Blue Red	6:00 - 6:40pm	6:00 - 6:40pm Sparring Only ----- 7:40 - 8:20pm	5:10 - 5:50pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	9:00 to 9:40am
	Sr Red BoDan Black	7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	6:00 - 6:40pm ----- 7:40 - 8:20pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	9:00 to 9:40am
11 to 15	Beginner Classes <i>(White/Yellow)</i>	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	5:10 - 5:50pm	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	6:00 - 6:40pm	5:10 - 5:50pm	9:50 to 10:30am
	Sr Yellow Green Sr Green	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only ----- 7:40 - 8:20pm Cardio Only	4:30 - 5:00pm	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm	10:40 to 11:20am
	Blue Sr Blue Red	6:00 - 6:40pm ----- 7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only ----- 7:40 - 8:20pm	5:10 - 5:50pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	9:00 to 9:40am
	Sr Red BoDan Black	7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	6:00 - 6:40pm ----- 7:40 - 8:20pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	9:00 to 9:40am
Adult	Beginner Classes <i>(White/Yellow)</i>	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only ----- 7:40 - 8:20pm Cardio Only	5:10 - 5:50pm ----- 7:40 - 8:20pm	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	6:00 - 6:40pm ----- 7:40 - 8:20pm	5:10 - 5:50pm	9:50 to 10:30am
	Sr Yellow Green Sr Green	6:50 - 7:30pm Sparring Only ----- 7:40 - 8:20pm Cardio Only	4:30 - 5:00pm ----- 7:40 - 8:20pm	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	4:30 - 5:00pm ----- 7:40 - 8:20pm	6:00 - 6:40pm	10:40 to 11:20am
	Blue Sr Blue Red	6:00 - 6:40pm ----- 7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only ----- 7:40 - 8:20pm	5:10 - 5:50pm	5:10 - 5:50pm 6:50 - 7:30pm Sparring Only ----- 7:40 - 8:20pm	4:30 - 5:00pm	9:00 to 9:40am
	Sr Red BoDan Black	7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	6:00 - 6:40pm ----- 7:40 - 8:20pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only ----- 7:40 - 8:20pm	4:30 - 5:00pm	9:00 to 9:40am
Family 5 and Up	Beginner Classes <i>(White/Yellow)</i>	6:50 - 7:30pm Sparring Only	5:10 - 5:50pm	6:00 - 6:40pm Sparring Only	6:00 - 6:40pm	5:10 - 5:50pm	9:50 to 10:30am
	Sr Yellow Green Sr Green	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm	10:40 to 11:20am
	Blue Sr Blue Red	6:00 - 6:40pm	6:00 - 6:40pm Sparring Only ----- 7:40 - 8:20pm	5:10 - 5:50pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	9:00 to 9:40am
	Sr Red Bo-Dan Black	7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only ----- 6:50 - 7:30pm	6:00 - 6:40pm ----- 7:40 - 8:20pm	5:10 - 5:50pm ----- 6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	9:00 to 9:40am