

# 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		4:30 - 5:00pm			9:50 to 10:30am
		6:50 - 7:30pm Sparring Only	5:10 - 5:50pm	6:00 - 6:40pm Sparring Only	6:00 - 6:40pm	5:10 - 5:50pm	
	Sr Yellow Green Sr Green	5:10 - 5:50pm		6:00 - 6:40pm Sparring Only			10:40 to 11:20am
		6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm	
Blue Sr Blue Red	6:00 - 6:40pm		6:00 - 6:40pm Sparring Only	5:10 - 5:50pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			7:40 - 8:20pm		6:50 - 7:30pm Sparring Only		
Sr Red BoDan Black	7:40 - 8:20pm Cardio Only		6:00 - 6:40pm Sparring Only	7:40 - 8:20pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			6:50 - 7:30pm		6:50 - 7:30pm Sparring Only		
11 to 15	Beginner Classes <i>(White/Yellow)</i>	5:10 - 5:50pm		6:00 - 6:40pm Sparring Only			9:50 to 10:30am
		6:50 - 7:30pm Sparring Only	5:10 - 5:50pm	6:50 - 7:30pm	6:00 - 6:40pm	5:10 - 5:50pm	
	Sr Yellow Green Sr Green	5:10 - 5:50pm		6:00 - 6:40pm Sparring Only			10:40 to 11:20am
		6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm	
Blue Sr Blue Red	6:00 - 6:40pm		6:00 - 6:40pm Sparring Only	5:10 - 5:50pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			7:40 - 8:20pm Cardio Only		6:50 - 7:30pm Sparring Only		
Sr Red BoDan Black	7:40 - 8:20pm Cardio Only		6:00 - 6:40pm Sparring Only	7:40 - 8:20pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			6:50 - 7:30pm		6:50 - 7:30pm Sparring Only		
Adult	Beginner Classes <i>(White/Yellow)</i>	5:10 - 5:50pm		6:00 - 6:40pm Sparring Only			9:50 to 10:30am
		6:50 - 7:30pm Sparring Only	5:10 - 5:50pm		6:00 - 6:40pm	5:10 - 5:50pm	
		7:40 - 8:20pm Cardio Only	7:40 - 8:20pm	6:50 - 7:30pm	7:40 - 8:20pm		
	Sr Yellow Green Sr Green	6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	6:00 - 6:40pm Sparring Only	4:30 - 5:00pm	6:00 - 6:40pm	10:40 to 11:20am
7:40 - 8:20pm Cardio Only		7:40 - 8:20pm	6:50 - 7:30pm	7:40 - 8:20pm			
Blue Sr Blue Red	6:00 - 6:40pm		6:00 - 6:40pm Sparring Only	5:10 - 5:50pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			7:40 - 8:20pm Cardio Only		6:50 - 7:30pm Sparring Only		
Sr Red BoDan Black	7:40 - 8:20pm Cardio Only		6:00 - 6:40pm Sparring Only	7:40 - 8:20pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			6:50 - 7:30pm		6:50 - 7:30pm Sparring Only		
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		6:00 - 6:40pm Sparring Only			10:40 to 11:20am
		6:50 - 7:30pm Sparring Only	4:30 - 5:00pm	6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm	
Blue Sr Blue Red	6:00 - 6:40pm		6:00 - 6:40pm Sparring Only	5:10 - 5:50pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			7:40 - 8:20pm		6:50 - 7:30pm Sparring Only		
Sr Red Bo-Dan Black	7:40 - 8:20pm Cardio Only		6:00 - 6:40pm Sparring Only	7:40 - 8:20pm	5:10 - 5:50pm	4:30 - 5:00pm	9:00 to 9:40am
			6:50 - 7:30pm		6:50 - 7:30pm Sparring Only		