

FREE WEEK SCHEDULE
BEGINNERS

Dale McCutcheon's Martial Arts Academy
Class Schedule
Ph. # 699-8600

FREE WEEK SCHEDULE
TINY TIGERS

Floor A = Original Building

Revised 01/15/09

MONDAY	* <u>OPEN CLASS</u> * 11:00-11:45AM	* <u>BEGINNER</u> * 6:00-6:45PM	<u>SPARRING</u> <u>TECHNIQUE</u> 7:00-7:45PM		
TUESDAY		INTERMEDIATE/ ADVANCED 5:00-5:45PM	<u>YOUTH</u> <u>SPARRING</u> 6:00-6:45PM (16 YR & UNDER)	<u>SPLIT CLASS</u> * <u>BEGINNER</u> * 7:00-7:30PM <u>BEGINNER SPARRING</u> 7:30-8:00PM	
WEDNESDAY	* <u>OPEN CLASS</u> * 11:00-11:45AM	* <u>TINY TIGERS</u> * 4:30-5:15PM	* <u>BEGINNER</u> * 5:30-6:15PM	* <u>KATA</u> * 6:30-7:30PM	ADVANCED CLASS 7:45-8:30PM
THURSDAY		* <u>BEGINNER</u> * 5:00-5:45PM	INTERMEDIATE 6:00-6:45PM BIBLE STUDY 6:00-6:45PM	<u>OPEN SPARRING</u> 7:00-7:45PM	ADVANCED CLASS 8:00-8:45PM
FRIDAY		<u>TINY TIGERS</u> (<u>SPARRING</u>) 4:30-5:15PM		TINY TIGERS: 3-5 YEAR OLDS BEGINNER: ALL WHITE/ <u>YELLOW</u> BELTS INTERMEDIATE: <u>YELLOW</u> BELT & ABOVE ADVANCED CLASS: <u>GREEN</u> BELT & ABOVE BEGINNER SPARRING: <u>YELLOW</u> BELT & UNDER YOUTH SPARRING: 16 YEAR OLDS & UNDER OPEN CLASS: ALL RANKS/ALL AGES OPEN SPARRING: ALL RANKS/ ALL AGES	
SATURDAY		* <u>SELF DEFENSE</u> * 10:00-11:00AM	* <u>OPEN CLASS</u> * 11:15-12:00PM		

 DENOTES CLASSES AVAILABLE TO START FREE WEEK
 DENOTES ADDITIONAL CLASSES DURING FREE WEEK

PRIVATE CLASSES
1/2 HOUR = \$15.00

 DENOTES ADDITIONAL CLASSES AS
DMC BEGINNERS STUDENT

Dale McCutcheon's Martial Arts Academy
Class Schedule

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Floor B = New Addition

Revised 01/15/09

MONDAY		TINY TIGER BLACK STRIPE & ABOVE 4:30-5:15PM	* <u>KATA</u> * 5:30 -6:15PM	INTERMEDIATE 6:30-7:15PM	
TUESDAY			<u>WOMEN'S</u> <u>SELF-DEFENSE</u> 6:00-6:45PM	<u>OPEN SPARRING</u> 7:00-8:00PM	
WEDNESDAY			* <u>KATA</u> * 6:30-7:30PM (STARTS ON FLOOR A)		
THURSDAY				<u>WOMEN'S</u> <u>SELF-DEFENSE</u> 7:00-7:45M	
FRIDAY			TINY TIGERS: 3-5 YEAR OLDS BEGINNER: ALL WHITE/ <u>YELLOW</u> BELTS INTERMEDIATE: <u>YELLOW</u> BELT & ABOVE ADVANCED CLASS: <u>GREEN</u> BELT & ABOVE BEGINNER SPARRING: <u>YELLOW</u> BELT & UNDER YOUTH SPARRING: 16 YEAR OLDS & UNDER ALL RANKS OPEN CLASS: ALL RANKS/ALL AGES OPEN SPARRING: ALL RANKS/ALL AGES		
SATURDAY					