



# PROMAR CLASS SCHEDULE

Fall Schedule Begins Sept. 3rd

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**Dragons (4-6)**

5:45-6:15pm

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5:45-6:15pm

**Dragons (4-6)**

5:45-6:15pm

**White to Yellow  
Belt (Ages 7+)**

5:45-6:25pm

**White to Yellow Belts  
(Younger Purple)**

6:30pm-7:10pm

**White to Yellow Belts  
(Younger Purple)**

6:30pm-7:10pm

**Open: All Belts 7+**

6:30pm-7:15pm

**Chanbara (Padded  
Sword) Class**

6:30pm-7pm

**Purple to Black  
Belts**

7:20pm-8:00pm

**Purple to Black  
Belts**

7:20pm-8:00pm

**Purple to Black  
Blacks**

7pm-7:40pm

**Dragons** - Ages 4 to 6  
**Open** - All Belts

**Novice** - White Belt to Purple Belt  
**Intermediate** - Orange Belt to Blue Stripe  
**Advanced** - Blue Belt and UP  
**Orientation Lesson** - By Appointment

**Sparring**  
7:45pm-8:15pm