



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 2022 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 Sparring Only		5:10 - 5:50pm	5:10 - 5:50pm		9:00 to 9:40am	
	6:00 - 6:40pm	7:40 - 8:20pm	7:40 - 8:20pm	6:50 - 7:30pm Sparring Only	4:30 - 5:00pm			
Sr Red BoDan Black		7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only		5:10 - 5:50pm		9:00 to 9:40am	
	7:40 - 8:20pm Cardio Only	6:50 - 7:30pm	6:50 - 7:30pm	7:40 - 8:20pm	6:50 - 7:30pm Sparring Only	6:50 - 7:30pm		
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 Sparring Only		5:10 - 5:50pm	5:10 - 5:50pm		9:00 to 9:40am	
	6:00 - 6:40pm	7:40 - 8:20pm Cardio Only	7:40 - 8:20pm	6:50 - 7:30pm Sparring Only	4:30 - 5:00pm			
Sr Red BoDan Black		7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only		5:10 - 5:50pm		9:00 to 9:40am	
	7:40 - 8:20pm Cardio Only	6:50 - 7:30pm	6:50 - 7:30pm	7:40 - 8:20pm	6:50 - 7:30pm Sparring Only	6:50 - 7:30pm		
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	6:50 - 7:30pm	6:00 - 6:40pm	5:10 - 5:50pm		
		7:40 - 8:20pm Cardio Only	7:40 - 8:20pm	7:40 - 8:20pm	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				10:40 to 11:20am
7:40 - 8:20pm Cardio Only		7:40 - 8:20pm	6:50 - 7:30pm	4:30 - 5:00pm	6:00 - 6:40pm			
Blue Sr Blue Red		6:00 - 6:40pm Sparring Only		5:10 - 5:50pm	5:10 - 5:50pm 6:50 - 7:30pm Sparring Only		9:00 to 9:40am	
	6:00 - 6:40pm	7:40 - 8:20pm Cardio Only	7:40 - 8:20pm		7:40 - 8:20pm	4:30 - 5:00pm		
Sr Red BoDan Black		7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only		5:10 - 5:50pm		9:00 to 9:40am	
	7:40 - 8:20pm Cardio Only	6:50 - 7:30pm	6:50 - 7:30pm	7:40 - 8:20pm	6:50 - 7:30pm Sparring Only	6:50 - 7:30pm		
Family 5 and Up	Beginner Classes <i>(White/Yellow)</i>	6:50 - 7:30pm Sparring Only		6:00 - 6:40pm Sparring Only			9:50 to 10:30am	
		5:10 - 5:50pm	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 Sparring Only		5:10 - 5:50pm	5:10 - 5:50pm		9:00 to 9:40am	
	6:00 - 6:40pm	7:40 - 8:20pm Cardio Only	7:40 - 8:20pm		6:50 - 7:30pm Sparring Only	4:30 - 5:00pm		
Sr Red Bo-Dan Black		7:40 - 8:20pm Cardio Only	6:00 - 6:40pm Sparring Only		5:10 - 5:50pm		9:00 to 9:40am	
	7:40 - 8:20pm Cardio Only	6:50 - 7:30pm	6:50 - 7:30pm	7:40 - 8:20pm	6:50 - 7:30pm Sparring Only	6:50 - 7:30pm		