

# Troy Martial Arts 2024-25 Schedule

\*We recommend attending 2 classes per week (but can always attend as many as you want!)

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