Troy Martial Arts 2024-25 Schedule

*We recommend attending 2 classes per week (but can always attend as many as you want!) MON TUE WED THU Age 4:30 - 5:00pm 6:00 - 6:40pm 9:50 **Beginner** Classes 4:30 - 5:00pm 5:10 - 5:50pm 5:10 - 5:50pm to 6:00 - 6:40pm 6:50 - 7:30pm 10:30am (White/Yellow) **Sparring Only Sparring Only** Intermediate 6:00 - 6:40pm 4:30 - 5:00pm 10:40 Classes **Sparring Only** 4:30 - 5:00pm 5:10 - 5:50pm 6:00 - 6:40pm to 6:50 - 7:30pm (Sr Yellow, Green, 11:20am 6:50 - 7:30pm **Sparring Only** Sr Green) 5 to 10 5:10 - 5:50pm 5:10 - 5:50pm 9:00 Advanced Classes 6:00 - 6:40pm 7:40 - 8:20pm 4:30 - 5:00pm to 6:50 - 7:30pm 6:00 - 6:40pm (Blue, Sr Blue, 9:40am **Sparring Only** Sparring Only Red) 6:50 - 7:30pm 6:00 - 6:40pm **Black Belt** 9:00 Sparring Only **Sparring Only** Classes 4:30 - 5:00pm 7:40 - 8:20pm 5:10 - 5:50pm to 7:40 - 8:20pm 9:40am 6:50 - 7:30pm (Sr Red. BoDan. **Cardio Only** Blackbelt) 5:10 - 5:50pm 6:00 - 6:40pm 6:00 - 6:40pm 9:50 **Beginner Sparring Only** 5:10 - 5:50pm Classes 5:10 - 5:50pm to 7:40 - 8:20pm 6:50 - 7:30pm 10:30am (White/Yellow) 6:50 - 7:30pm Cardio Only **Sparring Only** 6:00 - 6:40pm Intermediate 5:10 - 5:50pm 4:30 - 5:00pm 10:40 **Sparring Only** Classes 4:30 - 5:00pm 6:00 - 6:40pm to 7:40 - 8:20pm 6:50 - 7:30pm 11:20am (Sr Yellow, Green, 6:50 - 7:30pm **Cardio Only** Sparring Only Sr Green) 11 to 15 6:00 - 6:40pm 5:10 - 5:50pm 5:10 - 5:50pm 9:00 Advanced 4:30 - 5:00pm 7:40 - 8:20pm Classes to 7:40 - 8:20pm 6:00 - 6:40pm 6:50 - 7:30pm (Blue, Sr Blue, 9:40am **Cardio Only Sparring Only Sparring Only** Red) 6:50 - 7:30pm 6:00 - 6:40pm **Black Belt** 9:00 **Sparring Only Sparring Only** Classes 7:40 - 8:20pm 5:10 - 5:50pm 4:30 - 5:00pm to 7:40 - 8:20pm 9:40am (Sr Red, BoDan, 6:50 - 7:30pm **Cardio Only** Blackbelt) 6:00 - 6:40pm 6:00 - 6:40pm 5:10 - 5:50pm 5:10 - 5:50pm **Beginner Sparring Only** 9:50 6:50 - 7:30pm Classes 5:10 - 5:50pm to Sparring Only 7:40 - 8:20pm 10:30am 7:40 - 8:20pm 6:50 - 7:30pm **Cardio Only** (White/Yellow) 7:40 - 8:20pm 6:00 - 6:40pm 4:30 - 5:00pm 4:30 - 5:00pm Intermediate **Sparring Only** 10:40 7:40 - 8:20pm 6:50 - 7:30pm **Classes** 6:00 - 6:40pm to **Cardio Only Sparring Only** 11:20am 7:40 - 8:20pm 6:50 - 7:30pm (Sr Yellow, Green, 7:40 - 8:20pm Adult Sr Green) 5:10 - 5:50pm Advanced 5:10 - 5:50pm 6:00 - 6:40pm 9:00 6:50 - 7:30pm Classes 7:40 - 8:20pm 4:30 - 5:00pm Sparring Only to 7:40 - 8:20pm 6:00 - 6:40pm 9:40am (Blue, Sr Blue, 7:40 - 8:20pm Cardio Only **Sparring Only** Red) 6:50 - 7:30pm 6:00 - 6:40pm **Black Belt** 5:10 - 5:50pm 9:00 **Sparring Only Sparring Only** Classes 7:40 - 8:20pm 4:30 - 5:00pm to 7:40 - 8:20pm 9:40am (Sr Red, BoDan, 6:50 - 7:30pm 7:40 - 8:20pm Cardio Only Blackbelt) 6:00 - 6:40pm 9:50 Beginner 6:00 - 6:40pm Classes 5:10 - 5:50pm 5:10 - 5:50pm to 6:50 - 7:30pm Sparring Only 10:30am (White/Yellow) **Sparring Only** Intermediate 6:00 - 6:40pm 4:30 - 5:00pm 10:40 Classes **Sparring Only** 5:10 - 5:50pm 4:30 - 5:00pm 6:00 - 6:40pm 6:50 - 7:30pm (Sr Yellow, Green, 11:20am 6:50 - 7:30pm **Sparring Only Family** Sr Green) 5:10 - 5:50pm 5:10 - 5:50pm 5 and Up Advanced 9:00 Classes 6:00 - 6:40pm 7:40 - 8:20pm 4:30 - 5:00pm to 6:50 - 7:30pm 6:00 - 6:40pm (Blue, Sr Blue, 9:40am **Sparring Only Sparring Only** Red) 6:00 - 6:40pm 6:50 - 7:30pm **Black Belt Sparring Only** 9.00 **Sparring Only** Classes 7:40 - 8:20pm 5:10 - 5:50pm 4:30 - 5:00pm to 7:40 - 8:20pm 9:40am 6:50 - 7:30pm (Sr Red, BoDan,

Cardio Only

Blackbelt)