

ALPHA

MARTIAL ARTS ACADEMY

CLASS SCHEDULE

Effective 3/18/2024 and subject to change

All classes are 60 minutes unless otherwise stated.
All classes held on first floor unless otherwise stated

MONDAY

4:15Ninjas, second floor (30)
4:15 Youth WB/BEG Spar & Forms (45)
5:00 Youth INT/ADV Spar & Forms
6:00 Teen/Adult Spar & BB Forms
7:00 Kobudo

TUESDAY

4:00Private lessons*, second floor
5:00Private lessons*, second floor
5:00Belt Meetings (by invitation†)
6:00Private lessons*, second floor
6:00Black Belt Kobudo
7:00 Yama Bushi Kai

WEDNESDAY

4:15Ninjas, second floor (30)
4:15Youth Green Belt & Below (45)
5:00Mixed ages – INT/ADV
6:00Black Belts
6:00 Adults only, second floor
7:00Kobudo

THURSDAY

4:15 Ninjas, second floor (30)
4:15 Youth Green Belt & Below (45)
5:00 Mixed ages – INT/ADV
6:00 Black Belts
6:00 Adults only, second floor
7:00 Sandan+above
7:00Tai Chi (second flr)

FRIDAY & SUNDAY

Closed

SATURDAY

9:00AM Kobudo Review
10:30 Ninjas, second floor (30m)
10:30 Mixed Ages/Ranks & Family
12&on Reserved Testing, Parties & Events

Age Groups:

- **Ninjas** 3.5-6.9 years
- **Youth** 7-12 years
- **Teens** 13 +
- **Adults** 18 +
- **Mixed Ages** = All Ages

*Private lessons scheduled in advance

Experience & Rank:

- **BEG** = **B**eginners
- **WB** = **W**hite Belt and w/Yellow Stripe
- **INT** = **I**ntermediate; Green & Blue belts
- **ADV** = **A**dvanced; Red & Brown belts
- **BB** = **B**lack Belt; Youth & Adult ranks
- **SANDAN** = 3rd degree Adult or 5th level Youth Black Belt or greater
- **Mixed Rank** = All belts