

# 2016 NBT CLASS SCHEDULE

## Monday

	CURRICULUM	
2pm-4pm	Private Lessons	By appointment
4:15pm-5pm	Beginning Tigers	45min
5pm-5:55pm	All Dragons/Int. Tigers	55min
6:00pm-6:55pm	Teens & Adults	55min
7:00pm-7:45pm	Sport Poomsae	45min
7:45pm-8:45pm	Tricking/Stunt	60min (add on)

## Tuesday

	SPARRING	
2pm-3:30pm	Private Lessons	By appointment
3:30pm-4pm	Early Stage Learning	30min
4:15pm-5pm	Beginning Tigers	45min
5pm-5:55pm	All dragons/Int. Tigers	55min
6pm-6:55pm	Teens & Adults	55min
7:00-8:30pm	NBT Competition Team	90min

## Wednesday

	CURRICULUM	
Noon - 4pm	Private Lessons	By appointment
4:15pm-5pm	Beginning Tigers	45min
5pm-5:55pm	All Dragons/Int. Tigers	55min
6pm-6:55pm	Teens and Adults	55min
6:55pm-7:40pm	Black Belt Candidates	45min
7:40pm-8:40pm	Level up Athletics	60min (add on)

## Thursday

	SPARRING	
2pm-3:30pm	Private Lessons	By appointment
3:30pm-4pm	Early Stage Learning	30min
4:15pm-5pm	Beginning Tigers	45min
5pm-5:55pm	All dragons/Int. Tigers	55min
6pm-6:55pm	Teens & Adults	55min
7:00-8:30pm	NBT Competition Team	90min

## Friday

	CURRICULUM	
3:30pm-4pm	Early Stage Learning	30min
4pm-4:15pm	Private Lessons	By appointment
4:15pm-5pm	Beginning Tigers	45min
5pm-5:55pm	All Dragons/Int. Tigers	55min
6pm-6:55pm	Teens and Adults	55min
7pm-8pm	Demo Team	60min

## Saturday

	MORNING CLASSES	
8am-8:45am		
9am-9:55am	Tigers/Dragons	55min
10am-10:55am	Teens/Adults	55min
11am-noon		
1pm-4pm	NBT Competition Team	180min

Note: Please attend your appropriate class ONLY unless advised by Master Instructors. Bring clean uniform and belt to every class.

- ❖ **Curriculum** focus on technique, form, and testing requirements. **Sparring** focuses on athleticism, sport and combat specifics.
- ❖ Complete safety gear required starting at YELLOW belt. Bring gear Tuesdays and Thursdays
- ❖ Arrive 5-10 minutes prior to class start time, sign-in on TABLET and wait quietly for class to begin.
- ❖ School is closed on most major holidays and Sundays.
- ❖ Standard Membership includes up to 3 classes per week Mondays-Saturdays. Enrichment Classes: NBT Competition Team & Level up Athletics AND Demo Team & Tricking/Stunt CLASSES are available at an additional rate per month.

Early Stage Learning: 2-4 yrs old \* Tigers: 4-7 yrs old \* Dragons: 8-12 yrs old \* Teens: 13-17 yrs old \* Adults: 18 + yrs old

\*Beginners: White Yellow Orange \* Intermediate: Green Purple Blue \* Advanced: Brown Red Black

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