



Kaizen IBBA Class Schedule

KaizenIBBA.com

Class	Monday	Tuesday	Wednesday	Thursday	Friday (BBC)	Saturday
Dragons (ages 4-6)	4:00-4:30 p	4:50-5:25 p	4:00-4:30 p	4:50-5:25 p		10:00-10:30 a
Tigers (ages 6- 8)						
Beg. Tigers (white - blue)	5:30-6:05 p	4:50-5:25 p	5:30-6:05 p	4:50-5:25 p		10:40-11:15 a
BBC	6:05-6:15 p	4:40-4:50 p	6:05-6:15 p	4:40-4:50 p	4:35-5:10 p	11:15-11:25 a
Adv. Tigers/Eagles (purple+)	5:30-6:05 p	4:05-4:40 p	5:30-6:05 p	4:05-4:40 p		10:40-11:15 a
Panthers (ages 8-14)						
Panthers Level 1 (white-blue)	4:30-5:10 p	6:25-7:05 p	4:30-5:10 p	6:25-7:05 p		11:30 a-12:10 p
BBC	5:10-5:20 p	7:05-7:15 p	5:10-5:20 p	7:05-7:15 p	5:10-6:00 p	12:10-12:20 p
Panthers Level 2/3 (purple+)	4:30-5:20 p	5:25-6:15 p	4:30-5:20 p	5:25-6:15 p	5:10-6:00 p	11:30 a-12:20 p
Jr. Black Belts	7:15-8:25 p	6:20-7:20 p	7:15-8:25 p	6:20-7:20 p		9:00-10:00 a
Mixed Ages (ages 8+)						
Mixed Ages (All levels)	7:15-8:10 p		7:15-8:10 p			
BBC	8:10-8:25 p		8:10-8:25 p			
Adults (ages 14+)						
Daytime	12:05-1:00 p		12:05-1:00 p			12:30-1:25 p
BBC	1:00-1:15 p		1:00-1:15 p		12:05-1:15 p	1:25-1:40 p
Evening	7:15-8:10 p	7:20-8:15 p	7:15-8:10 p	7:20-8:15 p		
BBC	8:10-8:25 p	8:15-8:30 p	8:10-8:25 p	8:15-8:30 p		
Masters (Levels 3 & 4)	11:30a-12:05p			8:30-9:15 p		
Black Belt	11:05-12:05p	7:20-8:30p		7:20-8:30p		
Black Belt test prep class		7:30-8:20p	12:15-1:05 p	7:30-8:20p		
Tai Ji		7:30-8:30a		7:30-8:30a		
Kickboxing	6:15-7:10 p		6:15-7:10 p		6:15-7:10 p	9:00-9:55 a
FMA Stick Fighting						7:00-8:30 a

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