



Kaizen IBBA Class Schedule

Class	Monday	Tuesday	Wednesday	Thursday	Friday (BBC)	Saturday
Dragons (ages 4-6)						
Dragons (All levels)	5:20-5:55 p	4:50-5:25 p	5:20-5:55 p	4:50-5:25 p		10:00-10:30 a
Tigers (ages 6- 8)						
Beg. Tigers (white thru blue)	5:20-5:55 p	4:50-5:25 p	5:20-5:55 p	4:50-5:25 p		10:40-11:15 a
BBC	5:20-6:05 p	4:40-4:50 p	5:20-6:05 p	4:40-4:50 p	4:35-5:10 p	11:15-11:25 a
Adv. Tigers/ Eagles (purple +)	5:20-5:55 p	4:05-4:40 p	5:20-5:55 p	4:05-4:40 p		10:40 - 11:15 a
BBC	5:20-6:05 p	4:40-4:50 p	5:20-6:05 p	4:40-4:50 p	4:35-5:10 p	11:15-11:25 a
Panthers (ages 8-14)						
Panthers Level 1	4:30-5:10 p	6:15-6:55 p	4:30-5:10 p	6:15-6:55 p		11:30 a-12:10 p
BBC	4:30-5:20 p	6:55-7:05 p	4:30-5:20 p	6:55-7:05 p	5:10-6:00 p	12:10 a-12:20 p
Panthers Level 2/3	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						
Jr. Black Belts	7:00-8:00 p	6:15-7:15 p	7:00-8:00 p	6:15-7:15 p	5:10-6:00 p	12:30-1:40
Mixed Ages (ages 8+)						
Mixed Ages (All levels)	7:00-7:50 p		7:00-7:50 p			
BBC	7:00-8:00 p		7:00-8:00 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	12:30-1:40 p
Evening		7:15-8:10 p		7:15-8:10 p		
BBC		8:10-8:25 p		8:10-8:25 p		
Women's Class			10:00-11:00 a		10:00-11:00 a	
BBC			11:00-11:15 a		11:00-11:15 a	
Masters (Levels 3 & 4)	11:30a -12:05p			8:30 p		
Black Belt/Provisional	11:00-12:05p B	7:15-7:55p P		7:00-8:00p B		
Kickboxing	6:05-7:00 p		6:05-7:00 p		6:05-7:00 p	9:00-9:55 a

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