

# LEE'S MARTIAL ARTS SCHEDULE

## MARTIAL ARTS CLASSES

**MONDAY**  
(A) - DAY

<b>[ADVANCED]</b> AGES: 5-12 4:00 - 4:40PM	<b>[BEGINNER]</b> AGES: 5-7 YRS 4:40 - 5:20PM	<b>[BEGINNER]</b> AGES: 8-12 YRS 5:20 - 6:00PM	<b>[INTERMEDIATE]</b> AGES: 5-7 6:00 - 6:40PM	<b>[INTERMEDIATE]</b> AGES: 8-12 6:40 - 7:20PM	<b>[BLACK BELTS]</b> 7:20 - 8:00PM	<b>[ALL LEVELS]</b> TEEN / ADULT 8:00 - 8:40PM
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**TUESDAY**  
(A) - DAY

<b>[INTERMEDIATE]</b> AGES: 5-7 4:00 - 4:40PM	<b>[BEGINNER]</b> AGES: 5-7 4:40 - 5:20PM	<b>[INTERMEDIATE]</b> AGES: 8-12 YRS 5:20 - 6:00PM	<b>[ADVANCED]</b> ALL AGES 6:00 - 6:40PM	<b>[BEGINNER]</b> AGES: 8-12 6:40 - 7:20PM	<b>[ALL LEVELS]</b> TEEN / ADULT 7:20 - 8:00PM	
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**WEDNESDAY**  
(B) - DAY

<b>[BBC]</b> AGES: 5 & UP 4:00 - 4:40PM	<b>[BASIC]</b> AGES: 5-7 YRS 4:40 - 5:20PM	<b>[BASIC]</b> AGES: 8-12 YRS 5:20 - 6:00PM	<b>[BLACK BELT PREP]</b> ALL AGES 6:00 - 6:40PM	<b>[MASTERS CLUB]</b> AGES: 13 & UP 6:40 - 7:20PM	<b>[BASIC]</b> TEEN / ADULT 7:20 - 8:00PM	
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**THURSDAY**  
(B) - DAY

<b>[BBC]</b> AGES: 5-12 YRS 4:00 - 4:40PM	<b>[MASTERS CLUB]</b> AGES: 5-12 4:40 - 5:20PM	<b>[BASIC]</b> AGES: 5-7 YRS 5:20 - 6:00PM	<b>[BASIC]</b> AGES: 8-12 YRS 6:00 - 6:40PM	<b>[BASIC]</b> TEEN / ADULT 6:40 - 7:20PM	<b>[TEAM LMA]</b> 7:20 - 8:00PM	<b>[BLACK BELTS]</b> 8:05 - 8:50PM
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**FRIDAY**  
(B) - DAY

<b>[BBC &amp; MC]</b> 4:00 - 4:30PM NUNCHAKU & KAMA	<b>[BBC &amp; MC]</b> 4:30 - 5:00PM BO STAFF	<b>[BBC &amp; MC]</b> 5:00 - 5:45PM OLYMPIC SPARRING				
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**SATURDAY**

<b>[LMA Open]</b> 9:30 - 11:00PM	<b>[TEAM LMA]</b> 9:00 - 12:00PM					
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## FITNESS CLASSES

ZUMBA CLASSES		SUPER FIT CLASSES
	 ZUMBA 6:00 - 7:00PM	SUPER FIT 12:15 - 12:45PM
 ZUMBA 10:00 - 11:00AM		SUPER FIT 8:00 - 8:30PM
 TONING ZUMBA 10:00 - 11:00AM	 ZUMBA 7:30 - 8:30PM	
	 ZUMBA 7:25 - 8:00PM	SUPER FIT 12:15 - 12:45PM
 TONING ZUMBA 10:00 - 11:00AM		SUPER FIT 6:00 - 6:30PM
 ZUMBA 10:00 - 11:00AM	 ZUMBA 12:00 - 1:00PM	

(A) - DAY MONDAYS & TUESDAYS	(B) - DAY WEDNESDAY, THURSDAY & FRIDAY
ARE CURRICULUM DAYS DRIVEN BY BELT AND AGE GROUPS	ARE CONDITIONING DAYS DRIVEN BY PROGRAMS

BEGINNER GROUP INCLUDES	INTERMEDIATE GROUP INCLUDES	ADVANCED GROUP INCLUDES
WHITE BELTS YELLOW BELTS ORANGE BELTS HIGH ORANGE BELTS	GREEN BELTS HIGH GREEN BELTS BLUE BELTS HIGH BLUE BELTS BROWN BELTS HIGH BROWN BELTS	ALL RED BELTS BO DAN BELTS