

WEST WINDSOR

Monday

- 4:00 PM – 4:30 PM – Private Lessons
- 4:45 PM – 5:30 PM – Beginner Kids (White to Sr. Yellow Belts)
- 5:30 PM – 6:15 PM – Black Belt Club / Leadership
- 6:15 PM – 7:00 PM – Intermediate
- 7:00 PM – 7:45 PM – Advanced
- 7:45 PM – 8:30 PM – Advanced Black Belt Club /Leadership
- 8:30 PM – 9:30 PM – Adults / Teens

Tuesday

- 4:00 PM – 4:30 PM – Private Lessons
- 4:45 PM – 5:30 PM – Advanced Black Belt Club / Leadership
- 5:30 PM – 6:15 PM – Advanced
- 6:15 PM – 7:00 PM – Basic
- 7:00 PM – 7:45 PM – Black Belt Club / Leadership
- 7:45 PM – 8:30 PM – Intermediate
- 8:30 PM – 9:30 PM – Adults/ Teens

Wednesday

- 4:00 PM – 4:30 PM – Little Dragons
- 4:45 PM – 5:30 PM – Beginner Kids (White to Sr. Yellow Belts)
- 5:30 PM – 6:15 PM – Black Belt Club / Leadership
- 6:15 PM – 7:00 PM – Intermediate
- 7:00 PM – 7:45 PM – Advanced
- 7:45 PM – 8:30 PM – Advanced Black Belt Club /Leadership
- 8:30 PM – 9:30 PM – Adults / Teens

Thursday

- 4:00 PM – 4:30 PM – Private Lessons
- 4:45 PM – 5:30 PM – Advanced Black Belt Club / Leadership
- 5:30 PM – 6:15 PM – Advanced
- 6:15 PM – 7:00 PM – Basic
- 7:00 PM – 7:45 PM – Black Belt Club / Leadership
- 7:45 PM – 8:30 PM – Intermediate
- 8:30 PM – 9:30 PM – Adults / Teens

Friday

- 4:00 PM – 4:30 PM – Little Dragons
- 4:45 PM – 5:30 PM – Beginner Kids (White to Sr. Yellow Belts)
- 5:30 PM – 6:15 PM – Black Belt Club / Leadership
- 6:15 PM – 7:00 PM – Intermediate
- 7:00 PM – 7:45 PM – Advanced
- 7:45 PM – 8:30 PM – Advanced Black Belt Club /Leadership

Saturday

- 9:15 AM – 9:45 AM – Little Dragons
- 10:00 AM – 10:45 AM – All Belts Kids
- 11:00 AM – 12:00 PM – Adults / Teens
- 12:00 PM – 12:30 PM – Private Lesson

EAST WINDSOR

Monday

- 4:30 PM – 5:00 PM – Private Lessons
- 5:00 PM – 5:45 PM – Basic (White belts to Sr. Yellow Belts)
- 5:45 PM – 6:30 PM – BBC & Leadership
- 6:30 PM – 7:15 PM – Intermediate and Advanced
- 7:15 PM – 8:00 PM – Fit Class (FIT MEMBERS ONLY)
- 8:00 PM – 8:45 PM – Teens/Adults

Tuesday

- 4:30 PM – 5:00 PM – Little Dragons
- 5:00 PM – 5:45 PM – Advanced/BBC Leadership
- 5:45 PM – 6:30 PM – Advanced
- 6:30 PM – 7:15 PM – Basic
- 7:15 PM – 8:00 PM – BBC/Leadership
- 8:00 PM – 8:45 PM – Intermediate
- 8:45 PM – 9:30 PM – Teen/Adults

Wednesday

- 4:30 PM – 5:00 PM – Private Lessons
- 5:00 PM – 5:45 PM – Basic (White belts to Sr. Yellow Belts)
- 5:45 PM – 6:30 PM – BBC & Leadership
- 6:30 PM – 7:15 PM – Intermediate and Advanced
- 7:15 PM – 8:00 PM – Fit Class (FIT MEMBERS ONLY)
- 8:00 PM – 8:45 PM – Teens/Adults

Thursday

- 4:30 PM – 5:00 PM – Little Dragons
- 5:00 PM – 5:45 PM – Advanced/BBC Leadership
- 5:45 PM – 6:30 PM – Advanced
- 6:30 PM – 7:15 PM – Basic
- 7:15 PM – 8:00 PM – BBC/Leadership
- 8:00 PM – 8:45 PM – Intermediate
- 8:45 PM – 9:30 PM – Fit Class (FIT MEMBERS ONLY)

Friday

- 4:30 PM – 5:00 PM – Private Lessons
- 5:00 PM – 5:45 PM – Basic (White belts to Sr. Yellow Belts)
- 5:45 PM – 6:30 PM – BBC & Leadership
- 6:30 PM – 7:15 PM – Intermediate and Advanced
- 7:15 PM – 8:00 PM – Fit Class (FIT MEMBERS ONLY)
- 8:00 PM – 8:45 PM – Teens/Adults

Saturday

- 10:00 AM – 10:45 AM – Fit Class (FIT MEMBERS ONLY)