

A - Curriculum		B - Theme		C - Specialty	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					LIL' DRAGONS/YOUTH/ADULT 8:30 - 9:00
	PARKS & REC 5:15 - 5:45	PARKS & REC 5:15 - 5:45		TESTING PREP* PRIVATE LESSONS* 3:00 - 4:00	JUNIORS/ADULTS 9:00 - 9:30
INTERMEDIATE/ADVANCED 5:00 - 5:30	BEGINNER 6:00 - 6:30	LIL' DRAGONS 6:00 - 6:30	LIL' DRAGONS 6:00 - 6:30	BLACK BELT TEST PREP 5:00 - 5:30	BO STAFF (BBT) 9:30 - 10:00
BLACK BELT TRAINING 5:30 - 6:00	INTERMEDIATE ONE 6:30 - 7:00	YOUTH (6 & 7) 6:30 - 7:00	YOUTH (6 & 7) 6:30 - 7:00		STICKS - NUNCHAKU (BBT) 10:00 - 10:30
LIL' DRAGONS 6:00 - 6:30		JUNIORS (8 & UP) 7:00 - 7:30	JUNIORS (8 & UP) 7:00 - 7:30	SPARRING CLASS 5:45 - 6:30	MASTERS CLUB 10:30 - 11:15
BEGINNER (AGES 6 & 7) 6:30 - 7:00	INTERMEDIATE TWO 7:00 - 7:30	BLACK BELT TRAINING 7:30 - 8:00		LEADERSHIP 1 <sup>ST</sup> & 3 <sup>RD</sup> 6:30 - 7:15	
BEGINNER (AGES 8 & UP) 7:00 - 7:30	ADVANCED 7:30 - 8:00	CAGE FITNESS 7:30 - 8:00	MASTERS CLUB 7:30 - 8:00	PRIVATE/INTRO* 2 <sup>ND</sup> & 4 <sup>TH</sup> 6:30 - 7:15	ASD/KALI 11:15 - 12:15
ADULT KARATE 7:30 - 8:15	ASD/KALI/BJJ** 8:00 - 9:00	SAYOC KALI 8:15 - 9:15	ASD/KALI 8:00 - 9:00	SAYOC KALI 7:30 - 8:30	<b>*TEST, INTRO AND PRIVATE LESSONS ARE BY APPOINTMENT ONLY</b>
CAGE FITNESS 7:30 - 8:00	** BJJ on the last three Tuesdays of the month		ATIENZA KALI 8:45 - 9:45		<b>*CONTACT STAFF TO SCHEDULE DATE AND TIME</b>

Beginner = White/Yellow/Orange    Intermediate One = Green/Purple/Blue    Intermediate Two = Adv. Blue/Red/Adv. Red  
Advanced = Light Brown/Brown/Adv. Brown    Black Belt Prep = Adv. Brown/Jr. Black Belt/Black Belt  
508 Birch Street • Bristol, CT 06010 • 860-589-7500 • www.risumartialarts.com