

OLD BRIDGE BLACK BELT ACADEMY CLASS SCHEDULE


CUBS & TIGERS

CLASS	MON	TUES	WEDS	THURS	FRI	SAT
TIGER CUBS 4 & 5	6:00	4:00		4:00		9:15 am
WHITE ORANGE YELLOW 5-7	5:30		4:45	6:45		9:45 am
CAMO-GREEN-PURPLE TIGERS	4:00	4:30		5:15	5:30	9:45 am

JUNIORS

CLASS	MON	TUES	WEDS	THURS	FRI	SAT
WHITE-ORANGE YELLOW JRS.		5:15	6:00		4:45	10:15 am
CAMO-GREEN-PURPLE JRS.	4:00	4:30		5:15	5:30	10:15am
BLUE - RED/BLACK	4:45	6:45	4:00	6:00		11:00 am
1 st & 2 ND DEGREE BLACK BELTS	6:30	6:00	5:15	4:30	4:00	11:45 am
JR LEADERSHIP			6:45			

ADULTS & TEENS (13 & UP)

CLASS	MON	TUES	WEDS	THURS	FRI	SAT
ADULTS WHITE-RED/BLACK	7:15			7:15		
ADULTS BLACK BELTS		7:30	7:30		7:15	
ALL BELTS						8:30am
ADULT LEADERSHIP					6:15	
INSTRUCTOR MEETING					8:00	
		8:30PM		8:30PM		

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732-696-2262

As of April 12, 2010

www.OldBridgeATA.com

E-mail: staff@OldBridgeATA.com

Class schedule is subject to change



MAY 2010

Word of the month:

RESPECT

TO ADMIRE, APPRECIATE, REGARD AND SERVE OTHERS



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8 CAGE FITNESS 8AM , 1PM
9	10	11	12	13	14	15 COMBAT BME 1-3PM
16	17	18	19	20	21	22
23	24	25	26	27	28	29CLOSED MEMORIAL DAY
30	31 CLOSED MEMORIAL DAY					

**FUTURE
CLOSED DATES**

June 24-26 Worlds

**NEXT
GRADUATION**

Cubs June 7
Tigers, Jrs , Adults
June 11 & 12