

# NEW Spring 2010 Benoit's Martial Arts Schedule

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Effective: March 1<sup>st</sup>, 2010

[www.benoitsma.com](http://www.benoitsma.com)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30 - 5:00 pm TIGERS (4 & 5 Years)	4:30 -5:00 pm ADVANCE DRAGONS (6 & 7 Years)	4:30 - 5:00 pm TIGERS (4 & 5 Years)	4:30 - 5:00 pm TIGERS (4 & 5 Yrs)		
5:00 -5:30 pm NOVICE DRAGONS (6 & 7 Years)	5:00 - 5:30 pm TIGERS (4 & 5 Yrs)	5:00 - 5:30 pm NOVICE DRAGONS (6 & 7 Years)	5:00 - 5:30 pm NOVICE DRAGONS (6 & 7 Years)	CALL TO ARRANGE PERSONAL TRAINING	9:00-9:30 am TIGERS (4 & 5 Years)
5:30-6:00 pm ADVANCE DRAGONS ( 6 & 7 Years )	5:30-6:00 pm NOVICE DRAGONS (6 & 7 Years)	5:30-6:00 pm ADVANCE DRAGONS ( 6 & 7 Years )	5:30-6:00 pm ADVANCE DRAGONS ( 6 & 7 Years )		9:30 - 10:00 am NOVICE DRAGONS (6 & 7 Years)
6:00 - 7:00 pm YOUTH ALL BELTS	6:00-7:00 pm YOUTH White -Yellow Belts	6:00-6:30 pm TEEN & ADULT WEAPONS Green Belts & Up	6:00-7:00 pm YOUTH Orange & Up Belts		10:00-10:30 am ADVANCE DRAGONS (6 & 7 Years)
7:00 - 7:30 pm YOUTH WEAPONS Green & Up Belts	7:00-8:00 pm YOUTH Orange & Up Belts	6:30-7:30 pm TEEN & ADULT (All Belts)	7:00-8:00 pm YOUTH White-Yellow Belts		10:30-11:30 am YOUTH All Belts
7:30-8:30 pm TEEN & ADULT All Belts	8:00-9:00 pm All Belts TEEN & ADULT	7:30-8:30 pm BLACK BELTS * 8:30 - 9:30 pm SR BLACK BELTS	8:00-9:00 pm All Belts TEEN & ADULT		<u>Team Training:</u> 11:00 am - 1:30 pm

**Open & Family Training:** \*Mondays & Wednesdays 4:30 -6:00 pm \*Tuesdays & Thursdays 4:30-6:00 pm \*Saturdays 9:00 - 10:30 am

**Memberships:** Are Based On Twice Weekly To A Maximum Of Three Times Weekly At No Extra Cost \*Note: Sr. Black = 2<sup>nd</sup> Dan & Up