



*"A Professional Educational School"*  
*Teaching Life Skills*  
Since 1982

## **Class Schedule**

**Monday**

**5:30p - 7:00p**

**Wednesday**

**5:30p - 7:00p**

**Friday**

**5:30p - 6:30p**

### **Basic Class Rules and Etiquette**

- 1). Arrive 5-10 minutes prior to your class & be picked up immediately after class.
- 2). Scan your ID card at the front desk when you first enter the school and prior to dressing down for class.
- 3). Always "Bow" when entering or exiting the Work-Out Room.
- 4). Bring your sparring equipment and weapons to every class and keep with you in the Work-Out Room.
- 5). All shoes and clothing are to be kept in the Locker Room.
- 6). To get the most from your training, attend two classes per week.
- 7). Keep chairs at their tables.