

# CLASS SCHEDULE

ELEVODYNAMICSSP.COM

For more info please visit our website

## CLASS AGE GROUPS

**Dragons:** Ages 4-7

**Warriors:** Ages 7-13

**Protectors:** Ages 13+

**FCS Kali:** Ages 18+

**Silat:** Ages 18+

**Tomi Kickboxing:** 16+

## MONDAY

- 4pm-4:30pm: Youth Sparring
- 4:35pm-5:25pm: Warriors Combatives (Intermediate)
- 5:30pm-6:20pm: Protector Combatives
- 6:30pm-7:20pm: FCS Kali (weapons)
- 7:25pm – 8:10pm: Silat

## TUESDAY

- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:25pm: Warriors Combatives & Ninjutsu (beginners)
- 5:30pm-6:20pm: Protector Combatives
- 6:30pm-7:20pm: Ninja Protectors

## WEDNESDAY

- 4pm-4:30pm: Open
- 4:35pm-5:25pm: Warriors Combatives (Intermediate)
- 5:30pm-6:25pm: tomoi/Adult Sparring
- 6:30pm-7:20pm: FCS Kali (weapons)
- 7:25pm – 8:10pm: Silat

## THURSDAY

- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:25pm: Warriors Combatives & Ninjutsu (beginners)
- 5:30pm-6:25pm: Tomoi Kickboxing
- 6:30pm-7:20pm: Ninja Protectors

## SATURDAY

- 11am-11:30am: Ninja Dragons
- 11:35pm-12:20pm: Ninja Warriors (all levels)
- 12:30pm-1:25pm: Ninja Protectors (all Levels & Black Belts)
- 1:30pm-2:30pm: FCS Kali

## Weekly Training Focuses

1<sup>st</sup> week of the month is technique intro & **stripe re-eval week**  
2<sup>nd</sup> week of the month is a **regular training week** (bring your gear)  
3<sup>rd</sup> week of the month is **stripe week** (bring your gear)  
4<sup>th</sup> week of the month is **weapons week** (bring your weapons)  
5<sup>th</sup> week of a month is Plan Cloths week & bring a buddy week