



/MCMACHapelHill



1129 Weaver Dairy Road
Suite E Chapel Hill, NC
919-240-5869

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------|---|--|---|----------------------------------|--|---|
| | | 4:30—5pm Tiger Tots 30 min 3-5 yrs old | | | | 9:15 am-10am BBP & MP Special Forms & Sparring |
| 5:00-5:45 pm | White & Yellow | Forms Class Green Belt and up | Blue & Red & Black Belt | 5pm– 5:30pm Tiger Tots | All Belt | 10am-10:30am Tiger Tots |
| 5:45 –6:30 pm | Green & Blue | White & Yellow | BBP & MP Weapons, special training. | White & Yellow | All Belt Board Breaking | 10:30-11:15 am White and Yellow and Green |
| 6:30-7:15pm | Red & Black (Black Belt Prep) | DEMO TEAM By Invitation Only | White & Yellow & Green Belt | Family All Belt | All Belt Sparring | 11: 15am to 12pm Blue and Up |
| 7:15-8:00 pm | Adult / Teen Class | | Adult / Teen Class | Adult / Teen Class | Leadership | 12 pm-12:45pm DEMO TEAM By Invitation Only |

- * We will be closed when Public School is closed due to inclement weather
- * Please notify the office if you will not attend class for a week or more
- * Students are ready to test for the next belt upon earning all stripes associated with current belt level. Stripe system is posted near the office. Classes are not held on testing or ceremony days.
- * During Sparring Class and Sparring Testing, protective gear is mandatory for safety!
- * Students who wish to break wood boards during Board Breaking class may purchase them from the office before class.

2 Dollar Fee for boards for Board Breaking Class

Master's program and BBP will receive a free board during

Classes are subject to change through out the year