



WEST COAST MARTIAL ARTS

2315 Sunset Blvd.

Rocklin, CA

95765

916.632.1995

RANGERS/DRAGONS SCHEDULE

Effective
May 1, 2015

CLASSES	MON	TUE	WED	THU	FRI	SAT
Karate Rangers Ages 3 - 4	2:30	3:00	2:30	3:00		9:00
Beginning Lil' Dragons Ages 5 - 7 White - Purple	3:00 5:45	4:15	3:00 5:45	4:15	3:45	9:30
Advanced Lil' Dragons Ages 5 - 7 Blue - Black	3:00 5:45	4:15	3:00 5:45	4:15	3:45	9:30

JUNIOR CHAMPION'S SCHEDULE

Effective
May 1, 2015

CLASSES	MON	TUE	WED	THU	FRI	SAT
Ninja Turtles White Belts	4:15 6:15	3:30	4:15 6:15	3:30	4:15	
Orange - Purple Belts	4:15 6:15	3:30	4:15 6:15	3:30	4:15	10:00
Blue - Brown I Belts	3:30 7:00	4:45	3:30 7:00	4:45	5:45	10:45
Red - Red/Black Belts	3:30 7:00	4:45	3:30 7:00	4:45	5:45	9:00
Black Belts	5:00	7:00	5:00	7:00	5:00	9:00

FIT AND FURIOUS ADULT SCHEDULE

Effective
May 1, 2015

CLASSES	MON	TUE	WED	THU	FRI	SAT
White - Purple Belts	6:15	6:15	6:15	6:15		10:00
Blue - Red/Black Belt	7:00	6:15	7:00	6:15		10:45
Black Belts	5:00	6:15	5:00	6:15	5:00	9:00

SPECIALTY CLASS SCHEDULE

Effective
May 1, 2015

CLASSES	MON	TUE	WED	THU	FRI	SAT
Kid's Brazilian JiuJitsu	5:30	5:30	5:30	5:30		
Adult Brazilian JiuJitsu	6:30	6:30	6:30	6:30	6:30	
Doce Pares Escrima		6:30				
NorCal Elite Sport TKD	7:00		7:00		6:30	12:30