

SUNRISE MARTIAL ARTS



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Private sessions available upon request

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Private			Pre-School
Private lesson	Private lesson	All Belts	Private lesson	Private lesson	Little Heroes
		1:00 - 1:40			(age 3-4)
					9:30 -10:00
Children (Elementary)	Little Heroes (Pre-School)	Children (Elementary)	Little Heroes (Pre-School)	Children (Elementary)	Children (Elementary)
All Belts	(age 3-4)	All Belts	(age 3-4)	All Belts	All Belts
3:30 - 4:10	3:30 - 4:00	3:30 - 4:10	3:30 - 4:00	3:30 - 4:10	10:00 - 10:40
Children (Elementary)	Children (Elementary)	Children (Elementary)	Children (Elementary)	Children (Elementary)	Children (Elementary)
All Belts	All Belts	All Belts	All Belts	All Belts	All Belts
4:10 - 4:50	4:00 - 4:40	4:10 - 4:50	4:00 - 4:40	4:10 - 4:50	10:40 -11:20
Little Heroes (Pre-School)	Children (Elementary)	Little Heroes (Pre-School)	Children (Elementary)	Children Advance	Teens+/Family Advance
(age 3-4)	All Belts	(age 3-4)	All Belts	All Belts	All Belts
4:50 - 5:20	4:40 - 5:20	4:50 - 5:20	4:40 - 5:20	4:50 - 5:30	11:20 - 12:00
Teens+/ Family Advance	Teens+/Family Beginner	Teens+/Family Advance	Teens+/Family Beginner	BlackBelts	
All Belts	All Belts	All Belts	All Belts	5:30 - 6:10	
5:20 - 6:00	5:20 - 6:00	5:20 - 6:00	5:20 - 6:00	Belt Testing	
				6:10	

Starting October 17