



CHAMPIONS MARTIAL ARTS

NON - CONTACT TRAINING SCHEDULE



Effective from **9/8/2020** Until Further Notice

Text/Call: 917 280 4989 Email: Masterjayspark@gmail.com

LOC 1 308 COURT ST NY 11231 (10 students are limited)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AGE 3-5 LITTLE TIGERS 3:30 – 3:50PM	AGE 3-5 LITTLE TIGERS 3:30 – 3:50PM	AGE 3-5 LITTLE TIGERS 3:30 – 3:50PM	AGE 3-5 LITTLE TIGERS 3:30 – 3:50PM	AGE 3-5 LITTLE TIGERS 3:30 – 3:50PM	TEENS CLASS (Running/work out) No uniform 9:00AM
NOBELT/WHITE YELLOW/ ORANGE 4:00 – 4:30PM	GREEN/GREENT P/BLUE 4:00 – 4:30PM	NOBELT/WHITE YELLOW/ ORANGE 4:00 – 4:30PM	GREEN/GREENT P/BLUE 4:00 – 4:30P	NOBELT/WHITE YELLOW/ ORANGE 4:00 – 4:30PM	ADULT CLASS 9:50-10:30 AM
BBC CLASS 4:40 – 5:00PM	NOBELT/WHITE YELLOW/ ORANGE 4:35 – 5:05PM	BBC CLASS 4:40 – 5:00PM	NOBELT/WHITE YELLOW/ ORANGE 4:35 – 5:05PM	BBC CLASS 4:40 – 5:00PM	1 ST DAN BLACK BELT 10:40-11:10AM
GREEN/GREENT P/BLUE 5:10 – 5:40PM	NOBELT/WHITE YELLOW/ ORANGE 5:10 – 5:40PM	GREEN/GREENT P/BLUE 5:10 – 5:40PM	NOBELT/WHITE YELLOW/ ORANGE 5:10 – 5:40PM	GREEN/GREENT P/BLUE 5:10 – 5:40PM	AGE 3-5 LITTLE TIGERS 11:20 -11:40AM
BODAN BELT 5:50 -6:20PM	1 ST DAN BLACK BELT 5:50 -6:20PM	RED TIP/ BROWN BELT 5:50 -6:20PM	1 ST DAN BLACK BELT 5:50 -6:20PM	RED TIP/ BROWN BELT 5:50 -6:20PM	NOBELT/WHITE YELLOW/ ORANGE 11:50 -12:20PM
REDTIP/ BROWN BELT 6:30 – 7:00PM	LEADERSHIP 6:30 – 7:00PM	BODAN BELT 6:30 -7:00PM	LEADERSHIP 6:30 – 7:00PM	BODAN BELT 6:30 -7:00PM	BBC /LC CLASS 12:30 – 12:50PM
ADULTS CLASS 7:10PM	TEENS CLASS (ALL BELTS) 7:10PM	ADULTS CLASS 7:10PM	LC / TC SPARRING 7:10 – 7:40PM	1 ST DAN BLACK BELT 7:10 – 7:40PM	GREEN/GREENT P/BLUE 1:00-1:30PM

Class Attendance

Zoom Classes count as regular class attendance as we are putting our time and energy in teaching with same high quality.

Regular: 2 Classes per Week **BBC:** 2 Classes & 1 BBC Class per Week **LC** 2 Classes & 2 Leadership Training per Week

Our plan moving forward

- Please select specific days your child will attend in person class
 - They should continue to attend only on those specific days until the new schedule change
 - We can no longer offer flexibility to come any times/days because we need to make sure all CDC guidelines are in place to allow for safe social distancing among students / staff
 - We ask that parents drop off students on time for classes, please also make sure to pick them up on time as well
 - We will leave 10 minutes between each class to eliminate unnecessary foot traffic by the front entrance, please arrive on time for class
 - Drop off and pick up only No parents inside / Temperature check before entering building / Mask must be worn in building
- Hand sanitizing before and after all classes



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Text/Call: 917 280 4989 Email: Masterjayspark@gmail.com

LOC 2 319 COURT ST NY 11231 (5 students are limited)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AGE 3-5 LEVEL 2 ELITE TIGERS 3:30 – 3:50PM	BLUE TIP & PURPLE 3:30 -4:00PM	AGE 3-5 LEVEL 2 ELITE TIGERS 3:30 – 3:50PM	PURPLE TIP & RED 3:30- 4:00PM	BLUE TIP & PURPLE 4:00 – 4:30PM	AGE 3-5 LEVEL 2 ELITE TIGERS 10:10-10:30AM
PURPLE TIP & RED 4:00 – 4:30PM	AGE 3-5 LEVEL 2 ELITE TIGERS 4:10 – 4:30PM	BLUE TIP & PURPLE 4:00 -4:30PM	AGE 3-5 LEVEL 2 ELITE TIGERS 4:10 –4:30PM	AGE 3-5 LEVEL 2 ELITE TIGERS 4:40 –5:00PM	BLUE TIP - RED 10:50-11:20AM
BLUE TIP & PURPLE 4:40 – 5:10PM	AGE 3-5 LEVEL 3(White Red and up) 4:40 – 5:00PM	PURPLE TIP & RED 4:40 – 5:10PM	AGE 3-5 LEVEL 3(White Red and up) 4:40 – 5:00PM	AGE 3-5 LEVEL 3(White Red and up) 5:10 – 5:30PM	BBC CLASS 11:30-11:50AM
BBC CLASS 5:20 -5:40PM	BBC 5:05-5:25PM	BBC CLASS 5:20 -5:40PM	BBC 5:05-5:25PM	PURPLE TIP & RED 5:50 – 6:20PM	RED TIP& BROWN BELT 12:00-12:30PM
	PURPLE TIP & RED 5:30 – 6:00PM		BLUE TIP & PURPLE 5:30 – 6:00PM		BODAN BELT 12:40 – 1:10PM
	BBC CLASS 6:10 – 6:30PM		BBC CLASS 6:10 – 6:30PM		

VIRTUAL CLASS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NO BELT – GREEN BELT 5:50PM	6:50PM Adult class	BBC/LC 5:50PM	REDTIP/BODAN BROWN 6:50PM	ALL LITTLE TIGERS 3:30PM	X
GREEN TIP– RED 6:20PM		NO BELT – GREEN BELT 6:20PM		BLACK BELT 6:30PM	
REDTIP/BODAN BROWN/BLACK BELT 6:50PM		GREEN TIP– RED 6:50PM			