

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+

Tomoi Kickboxing: 16+

TUESDAY

- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:25pm: Warriors Combatives & Ninjutsu
- 5:30pm-6:20pm: Adult Combatives & Tomoi Kickboxing
- 6:30pm-7:20pm: Fcs Kali & Ninjutsu

THURSDAY

- 4pm-4:30pm: Ninja Dragons
- 4:35pm-5:25pm: Warriors Combatives & Ninjutsu
- 5:30pm-6:25pm: Adult Combatives & Tomoi Kickboxing
- 6:30pm-7:20pm: Fcs Kali & Ninjutsu

Weekly Training Focuses

1st week of the month is technique intro & **stripe re-eval week**

2nd week of the month is a **regular training week** (bring your gear)

3rd week of the month is **stripe week** (bring your gear)

4th week of the month is **weapons week** (bring your weapons)

5th week of a month is Plain Clothes week & bring a buddy week