



WEST COAST PALO ALTO

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MON	TUES	WED	THURS	FRI	SAT
	12:00 - 1:00 Teen/Adult	12:00 - 1:00 Teen/Adult	12:00 - 1:00 Teen/Adult		
4:00 - 4:45 Brwn-Red/Black	4:00 - 4:45 White - Green	4:00 - 4:45 Brwn - Red/Black	4:00 - 4:45 White - Green		10:00 - 11:00 Xtreme Fitness
4:45 - 5:15 Lil' Dragons White - Black	4:45 - 5:15 Lil' Dragons White - Purple	4:45 - 5:15 Lil' Dragons White - Black	4:45 - 5:15 Lil' Dragons White - Purple	4:30-5:00 Lil' Dragons BBC ONLY	11:00 - 11:30 Lil' Dragons
5:15 - 6:00 Green - Blue I	5:15 - 6:00 Brown - Red I	5:15 - 6:00 Green - Blue I	5:15 - 6:00 Brown - Red I	5:00 - 5:45 Gold - Blue I BBC ONLY	11:30 - 12:15 White - Blue
6:00 - 6:45 White - Gold	6:00 - 6:45 Purple - Blue I	6:00 - 6:45 White - Gold	6:00 - 6:45 Purple - Blue I	5:45 - 6:30 Brown - Black	12:15 - 1:00 Brown - Black
6:45- 7:30 Black Belts	6:45 - 7:30 Black Belts	6:45 - 7:30 Black Belts	6:45-7:30 Black Belts	6:30-7:30 Specialty Training	
7:30 - 8:15 Teen/Adult	7:30- 8:15 Teen/ Adults	7:30 - 8:15 Teen/Adult	7:30-8:15 Teen/ Adults		
8:15 - 9:00 Xtreme Fitness	8:15 - 9:00 X-Treme Fitness	8:15 - 9:15 X-treme Fitness	8:15 - 9:00 X-treme Fitness		

- > BASIC PROGRAM MEMBERS ARE LIMITED TO 2-3 CLASSES PER WEEK
- > BLACK BELT CLUB MEMBERS CAN ATTEND ALL CLASSES, BUT XPT CLASSES
- > XFIT CLASSES ARE FOR XFIT MEMBERS ONLY
- > CLASSES CANCELED ON NATIONAL HOLIDAYS, SPECIAL EVENTS, & TESTING
- > STUDENTS ARE TO ARRIVE IN FULL UNIFORM 15 MINUTES PRIOR TO CLASS

EFFECTIVE JUNE 2009