



# CHICAGO MARTIAL ARTS - DEERFIELD

## 2009 SCHEDULE



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>CHILDREN PROGRAMS</b>						
<b>LITTLE NINJA - BASIC</b>		1:30 PM - 2:00 PM		1:30 PM - 2:00 PM	<b>2x a week only</b>	
	4:30 PM - 5:00 PM	4:30 PM - 5:00 PM	4:30 PM - 5:00 PM	4:30 PM - 5:00 PM		
<b>LITTLE NINJA - BBC</b>		1:30 PM - 2:00 PM		1:30 PM - 2:00 PM		
	4:30 PM - 5:15 PM	4:30 PM - 5:15 PM	4:30 PM - 5:15 PM	4:30 PM - 5:15 PM	4:30 PM - 5:00 PM	
<b>TAEKWONDO - CHILDREN</b> <i>WHITE - GREEN</i>					<b>2x a week only</b>	
	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM		
<b>TAEKWONDO - BBC</b> <i>YELLOW - GREEN</i>						
	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	5:15 PM - 6:00 PM	11:00 AM - 11:45 AM
<b>TAEKWONDO - BBC</b> <i>PURPLE - HIGH RED</i>					5:15 PM - 6:00 PM	11:00 AM - 11:45 AM
	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM*	
<b>TAEKWONDO - BBC</b> <i>DEPUTY 1 &amp; 2 - BLACK BELTS</i>		5:15 PM - 6:00 PM **		5:15 PM - 6:00 PM**	5:15 PM - 6:00 PM**	11:00 AM - 11:45 AM
	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM	6:00 PM - 6:45 PM*	
<b>ADULT PROGRAMS</b>						
<b>TAEKWONDO - BASIC</b> <i>WHITE - GREEN</i>	12:00 PM - 12:45 PM	12:00 PM - 12:45 PM	12:00 PM - 12:45 PM	12:00 PM - 12:45 PM	<b>2x a week only</b>	
	6:45 PM - 7:30 PM	6:45 PM - 7:30 PM	6:45 PM - 7:30 PM	6:45 PM - 7:30 PM		
<b>TAEKWONDO-BBC</b> <i>YELLOW - HIGH RED</i>	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM		12:00 PM - 12:45 PM
	6:45 PM - 7:45PM	6:45 PM - 7:45 PM	6:45 PM - 7:45 PM	6:45 PM - 7:45 PM	6:00 PM - 6:45 PM*	
<b>TAEKWONDO-BBC</b> <i>DEPUTY 1 &amp; 2 - BLACK BELTS</i>	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM	12:00 PM - 1:00 PM		12:00 PM - 12:45 PM
		5:15 PM - 6:00 PM**		5:15 PM - 6:00 PM**	5:15 PM - 6:00 PM**	
	6:45 PM - 7:45PM	6:45 PM - 7:45 PM	6:45 PM - 7:45 PM	6:45 PM - 7:45 PM	6:00 PM - 6:45 PM*	
<b>BRAZILIAN JIU-JITSU</b>		7:00 AM - 7:45 AM		7:00 AM - 7:45 AM	<b>2x a week only</b>	
		6:30 PM - 7:15 PM		6:30 PM - 7:15 PM		
<b>OLYMPIC STYLE JUDO</b>	6:30 PM - 7:15 PM		6:30 PM - 7:15 PM			

**NOTE: \*\* SPECIAL DEPUTY 1 & 2 AND BLACK BELT TRAINING ONLY (UPSTAIRS CLASSROOM)**

**NOTE: \* ADVANCE SPARRING CLASS (MUST BE APPROVED BY BLACK BELT)**

**WEEKEND CLASSES ONLY FOR BLACK BELT CLUB MEMBER ONLY**