



Kaizen IBBA Class Schedule

KaizenIBBA.com

| Class | Monday | Tuesday | Wednesday | Thursday | Friday (BBC) | Saturday |
|---------------------------------|---------------|-------------|---------------|-------------|---------------|-----------------|
| FMA Stick Fighting | | | | | | 8:00-9:30 a |
| Tai Ji | | 7:30-8:30 a | | 7:30-8:30 a | | |
| Open mat practice time | | 11 a - 2 p | | 11 a - 2 p | | |
| Kenpo classes | | | | | | |
| Dragons (ages 4&5) | 3:30-4:00 p | 4:15-4:45 p | 3:30-4:00 p | 4:15-4:45 p | | 10:00-10:30 a |
| Tigers (ages 6&7) | | | | | | |
| Beg. Tigers (white - purple) | 3:30-4:00 p | 4:15-4:45 p | 3:30-4:00 p | 4:15-4:45 p | | 10:40-11:15 a |
| BBC | 5:35-5:45 p | 4:05-4:15 p | 5:35-5:45 p | 4:05-4:15 p | 3:45-4:20 p | 11:15-11:25 a |
| Adv. Tigers/Eagles (purple+) | 5:00-5:35 p | 3:30-4:05 p | 5:00-5:35 p | 3:30-4:05 p | | 10:40-11:15 a |
| Panthers (ages 8-12) | | | | | | |
| Panthers Level 1 (white-purple) | 4:05-4:45 p | 5:45-6:25 p | 4:05-4:45 p | 5:45-6:25 p | | 11:30 a-12:10 p |
| BBC | 4:45-4:55 p | 5:35-5:45 p | 4:45-4:55 p | 5:35-5:45 p | 4:25-5:15 p | 12:10-12:20 p |
| Panthers Level 2/3 (purple+) | 5:50-6:45 p | 4:50-5:45 p | 5:50-6:45 p | 4:50-5:45 p | | 11:30 a-12:20 p |
| Vipers (ages 12-17) | | 6:30-7:30 p | | 6:30-7:30 p | 5:25-6:25 p | |
| Adult Daytime | 12:00-12:55 p | | 12:00-12:55 p | | 12:00-12:55 p | 12:30-1:25 p |
| BBC | 12:55-1:10 p | | 12:55-1:10 p | | 12:55-1:10 p | 1:25-1:40 p |
| Adult Evening Level 1 | 6:50-7:40 p | | 6:50-7:40 p | | | |
| BBC | 7:40-7:55 p | | 7:40-7:55 p | | | |
| Adult Evening Level 2/3 | | 7:35-8:30 p | | 7:35-8:30 p | | |
| BBC | | 8:30-8:45 p | | 8:30-8:45 p | | |
| Black Belts | 11:00-12:00 p | 7:35-8:45 p | | 7:35-8:45 p | | |
| Black Belt test prep class | 6:50-7:50 p | | 6:50-7:50 p | | | |

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All classes available via Zoom and in-person.

Reservations are REQUIRED for in-person attendance and masks must be worn at all times in the building.