

2009 Class Schedule



BEGINS: October 1, 2009

Kids Programs

Time	Monday	Tuesday	Wednesday	Thursday	Friday
3:00 p.m.	Little Phoenix, Beg	Little Phoenix, Beg	Little Phoenix, Beg	Little Phoenix, Beg	Little Phoenix, Beg
3:30 p.m.	Adv Phoenix	Adv Phoenix	Adv Phoenix	Adv Phoenix	Adv Phoenix
4:05 p.m.	Children, Beg	Children, All	Children, All	Children, Beg	Children, All
5:05 p.m.	Children, Adv		Demo Team		Children, Adv
6:05 p.m.			Children, Adv		Children, All

Class	Age	Notes	Class	Age	Notes
Little Phoenix, Beg	3 to 5 years old	White - Green belts	Children, All	5 to 12 years old	All belts
Adv Phoenix	5 to 7 years old	Orange belts and up	Children, Beg	5 to 12 years old	White - Green belts
			Children, Adv	5 to 16 years old	Green belts and up

Adult Programs

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
6:00 a.m.	Conditioning Class*	Conditioning Class*		Conditioning Class*	Conditioning Class*	* Conditioning classes are held at RFMA Main Office location
5:30 p.m.		Adult Class**		Adult Class**		
6:00 p.m.	Adult Class**	Conditioning Class*		Conditioning Class*		** Adult classes are held at RFMA Main Office location
7:00 p.m.	Conditioning Class*	Conditioning Class*	Conditioning Class*	Conditioning Class*	Conditioning Class*	

Class	Age	Notes
Adults	13 years old and up	All Belts
Conditioning Class	13 years old and up	See note below**

**Conditioning class is an add-on program. Contact an instructor if you are interested in this program.

Contact information

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Greengate Academy

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