

***All class times start promptly at the times listed. Students are expected to arrive 5-10 minutes before their scheduled classes. Tardiness is strongly discouraged and disruptive to the class.

FORDS DOJO 523 New Brunswick Avenue, Fords, NJ 08863 732-738-8199

GROUP	MON	TUES	WED	THURS	FRI	SAT
PRE-WEES 3 to 4 yrs old				Pre-Wees 5:45p-6:15pm	C L O S E D	Pre-Wees 9:35am-10:05am
PEE-WEES 5 to 7 yrs old			Pee-Wees All Belts 6:10pm-6:50pm	Pee-Wees All Belts 6:20pm-7:05pm		Pee-Wees ALL BELTS 10:10am-11:05am
JUNIORS 8 to 12 yrs old	KATA CLASS Juniors Green to Black Belts 6:15pm- 7:15pm		Juniors All Belts 7:00pm-7:50pm	Juniors White to Orange Belts 7:15pm-8:05pm		Juniors ALL BELTS 10:10am-11:05am
ADULTS & Teens 13 + yrs old	KATA CLASS Adults & Teens ALL BELTS 7:30pm-8:30pm	Women's Cardio 6:00pm - 7:00pm	Adults & Teens ALL BELTS 8:00pm-9:00 pm			Adults & Teens ALL BELTS 11:15am-12:30pm

EDISON DOJO 216 Tingley Lane, Edison, NJ 08820 908-757-9292

GROUP	MON	TUES	WED	THURS	FRI	SAT
PRE-WEES 3 to 4 yrs old	C L O S E D			Pre-Wees 5:30pm- 6:00pm		Pre-Wees 12:15pm-12:45pm
PEE-WEES 5 to 7 yrs old		Pee-Wees White to Orange 5:30pm-6:10pm		Pee-Wees White to Orange 6:15pm- 7:00pm		All Ages White Belts 9:30am-10:10am
JUNIORS 8 to 12 yrs old		Juniors White to Green Belts 6:20pm-7:05pm			Juniors White to Green Belts 5:45pm- 6:30pm	All Ages Yellow to Green Belts 10:20am-11:10am
		Blue to Brown Belts 7:15pm-8:05pm			Blue to Brown Belts 6:40pm- 7:30pm	All Ages Blue to Black Belts 11:20am-12:20pm
ADULTS & Teens 13 +		Adults & Teens All Belts 8:15pm-9:15pm		Teens All Belts 7:05pm - 8:00pm	Adults & Teens All Belts 7:45pm- 9:00pm	Women's Cardio 8:15am-9:15am
New Dover Road United Methodist Annex, 687 New Dover Road, Edison, NJ						
			Under 12 White to Orange 6:15 to 7:00 Green and above 7:00 to 7:45			All age and belts 10 to 11