

Class Schedule

Effective 2025



Little Ninjas- Ages 4-6 (1 day a week) 45 min.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
5:00-5:45	6:00-6:45	5:00-5:45	6:00-6:45
5:45-6:30		5:45-6:30	

Kung Fu Kids Beginners- White, Gold, Orange- Ages 7-10 (Choose Two Days) 45 min.

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
5:25-6:10	4:30-5:15	5:25-6:10	4:30-5:15
6:10-6:55	6:00-6:45	6:10-6:55	6:00-6:45

Kung Fu Kids Intermediate & Advanced- Green, Blue, Purple, Brown, Red

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
6:45-7:30	5:15-6:00	6:45-7:30	5:15-6:00

Teen & Adult White & Beginner- Ages 13 & Up Main Classes are Tuesdays & Thursdays

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
7:30-8:10 extra	6:45-7:45		6:45-7:45

Teen & Adult Intermediate & Advanced (All ranks attend Beginner Class)

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
	6:45-8:30	7:30-8:10 extra	6:45-8:30

Teen & Adult Black Belts

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS
	6:45-9:15		6:45-9:15

Black Belt Club

Kung Fu Kids

7:30-8:00pm (1st & 3rd Mondays)

Teens & Adults

8:00-9:00pm (1st & 3rd Mondays)

Saturday Open Class

Adults 9:00-9:50am

Kung Fu Kids 10:00-11:00am

Sparring Classes -Kids

Sparring Prep No Gear (WHITE belts & Up):

1st Wed & Thurs of each month during Beginner class
Wed 6:45pm Thurs 4:30 & 6:10

Sparring Matches w/ Gear (GOLD belts & Up):

1st & 3rd Wed & Thurs of each month during Int/Adv class
Wed 6:45 Thurs 5:20

Sparring Classes- Adults (Yellow & Up)

1st Thursday of each month 7:45-8:45PM

3rd Thursday of each month 7:40-8:30PM

Students are expected to:

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|---|---------------------------|
| 1) Arrive 10 minutes prior to scheduled class | 4) Make up missed classes |
| 2) Consistently attend class | 5) Wear required uniform |
| 3) Practice at home | 6) Always do your best |

**Ask about our birthday parties!!! Details on our website www.academyofkungfu.com

*** Follow us on Facebook "Trey Crake's Academy of Kung Fu"