

### Important Reminders:

- **PLEASE BRING A WATER BOTTLE TO CLASS.**

- Please be sure to check out our adult KickBoxing, Qigong, Tai Chi, Mindful Meditation Class Schedule online at [www.HirukoCenter.com/calendar](http://www.HirukoCenter.com/calendar)

- Mastery Journey Classes alternate between Green/Purple/Blue Belts AND Brown/Red/Black Belts

Green/Purple/Blue JAN 5, 19 FEB 2, 16 MAR 2, 16, 30 APR 13, 27 MAY 11, 25 JUN 8, 22

Brown/Red/Black JAN 12, 26 FEB 9, 23 MAR 9, 23 APR 6, 20 MAY 4, 18 JUN 1, 15, 29

- "Gear Week" is when you need to bring your protective gear to class, and it's held 1<sup>st</sup> full week (the 1<sup>st</sup> falls on a Monday or Tuesday) and 3<sup>rd</sup> week of the month. Arrive early and put on your gear so it's on at the start of class. Please order your gear at the front desk, and write your name on your gear.

Who Wears Gear?	What Gear Do I Need?
KinderDojo™ Gold and up	Hands and Feet
Junior/Teen/Adult Orange, Gold	Hands and Feet
Junior/Teen/Adult Green and up	Hands, Feet, Chest, Head, Mouth Piece, and Groin Cup

- Talk to the Master Instructor if you are having difficulties with your schedule.

- Belt graduations are last Friday of every month. Please check the white board for schedule.

Room A = GRAY MAT

Room B = BLUE MAT

KinderDojo (4-7 Yrs Old)	Mon	Tue	Wed	Thu	Fri	Sat
<b>KD White</b> Beginner Level		3:30 PM Room A	4:15 PM Room A	5:00 PM Room A		9:30 AM Room A
<b>KD Orange</b>		4:15 PM Room A	5:45 PM Room A	5:00 PM Room B		8:45 AM Room A
<b>KD Yellow</b>		4:15 PM Room B	5:45 PM Room A	3:30 PM Room B		8:45 AM Room B
<b>KD Green</b>		5:00 PM Room B	5:45 PM Room B	3:30 PM Room A		11:15 AM Room A
<b>KD Purple</b>	4:15 PM Room A	5:45 PM Room B	5:00 PM Room A			11:15 AM Room B
<b>KD Blue</b>	4:15 PM Room B	5:45 PM Room A	5:00 PM Room B			12:00 PM Room B
<b>KD Brown</b>		5:45 PM Room A	5:00 PM Room B	4:15 PM Room B		12:00 PM Room A
<b>KD Red</b>	3:30 PM Room A		3:30 PM Room A	4:15 PM Room B		12:00 PM Room A
<b>KD Black</b>	3:30 PM Room A		3:30 PM Room A	4:15 PM Room B		1:30 PM Room B

Room A = GRAY MAT

Room B = BLUE MAT

<b>Juniors</b> (8-12 Yrs Old)	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>	<b>Sat</b>
<b>JR White</b> Beginner Level			3:30 PM Room B	6:30 PM Room A	4:15 PM Room B	1:30 PM Room A
<b>JR Orange</b>			3:30 PM Room B	6:30 PM Room A	4:15 PM Room B	1:30 PM Room A
<b>JR Yellow</b>	3:30 PM Room B			6:30 PM Room B	4:15 PM Room A	2:15 PM Room B
<b>JR Green</b>		6:30 PM Room B		5:45 PM Room A	3:30 PM Room B	2:15 PM Room A
<b>JR Purple</b>		6:30 PM Room B		5:45 PM Room A	3:30 PM Room B	12:45 PM Room A
<b>JR Blue</b>		6:30 PM Room A		5:45 PM Room B	3:30 PM Room A	12:45 PM Room B
<b>JR Blue I</b>		6:30 PM Room A		5:45 PM Room B	3:30 PM Room A	12:45 PM Room B
<b>JR Brown</b>	5:00 PM Room A	5:00 PM Room A		4:15 PM Room B	5:00 PM Room A	
<b>JR Brown I</b>	5:00 PM Room A	5:00 PM Room A		4:15 PM Room B	5:00 PM Room A	
<b>JR Red</b>	5:00 PM Room A	5:00 PM Room A		4:15 PM Room A	5:00 PM Room B	
<b>JR Red I</b>	5:00 PM Room A	5:00 PM Room A		4:15 PM Room A	5:00 PM Room B	
<b>JR Red Black</b>	5:00 PM Room A	5:00 PM Room A		4:15 PM Room A	5:00 PM Room B	
<b>JR Black</b>	5:45 PM Room A			4:15 PM Room A	5:00 PM Room B	
<b>Teen/Adult</b> All Levels	10:30 AM Room A	7:15 PM Room A	10:30 AM Room A 7:15 PM Room A	7:15 PM Room A	10:30 AM Room A	
<b>Teen/Adult</b> <b>Black</b>				7:15 PM Room B		
<b>JR Mastery</b> Journey			6:30 PM Room A			
<b>Teen Adult</b> Mastery Journey			7:15 PM Room A			