



Master Khechen's
MARTIAL ARTS
 and Fitness Academy

Williamsville CLASS SCHEDULE (Effective February 2012)
 1630 Hopkins Rd. Williamsville NY 14221
 (716) 688-8878

MONDAY "A" DAY	TUESDAY "A" DAY	WEDNESDAY "B" DAY	THURSDAY "B" DAY	FRIDAY	SATURDAY	
	Adult Core 12:00-12:45		AdultCore 12:00-12:45		Champions (All Basic and BBC) 3-6 yrs old 9:30-10:15am	<input checked="" type="checkbox"/> Please arrive 5 minutes prior to classtime <input checked="" type="checkbox"/> Do not disturb classes that are in session <input checked="" type="checkbox"/> All jewelry must be removed for class <input checked="" type="checkbox"/> All valuables should be left in your car <input checked="" type="checkbox"/> Clean uniforms and good hygiene habits are a must <input checked="" type="checkbox"/> Do not wear shoes on the training floor <input checked="" type="checkbox"/> Guests must remain in the viewing area <input checked="" type="checkbox"/> Small children must be supervised
Junior MC 4:15-5:00pm	BBC 2 Blue Stripe-Black (BBC and MC only) 7 and up 4:15-5:00pm	Junior MC 4:15-5:00pm	BBC 2 Blue Stripe-Black (BBC and MC only) 7 and up 4:15-5:00pm		Juniors (Basic/BBC/MC) 7 and up 10:15-11:00am	
Champions (All Basic and BBC) 3-6 yrs old 5:00-5:45pm	Basic- BBC 1 (White – Green) Ages 7 and up 5:00-5:45pm	Champions (All Basic and BBC) 3-6 yrs old 5:00-5:45pm	Basic- BBC 1 (White – Green) Ages 7 and up 5:00-5:45pm		Adult Core 11:00-11:45	
BBC 2 Blue Stripe-Black (BBC and MC only) 7 and up 5:45-6:30	Champions (All Basic and BBC) 3-6 yrs old 5:45-6:30pm	BBC 2 Blue Stripe-Black (BBC and MC only) 7 and up 5:45-6:30	Champions (All Basic and BBC) 3-6 yrs old 5:45-6:30pm	<u>RESERVED</u> Private Lessons School Teams Special Events Birthday Parties Demo Team	Adult Jiu Jitsu 11:45-12:15	
Basic- BBC 1 (White – Green) Ages 7 and up 6:30-7:15	Junior MC 6:30-7:15pm	Basic- BBC 1 (White – Green) Ages 7 and up 6:30-7:15	Junior MC 6:30-7:15pm		Insturctor and SWAT 12:20pm	
Adult Core 7:30-8:15pm Adult MC 815-8:45	Adult Core 7:30-8:15 Adult BBC 815-8:45	Adult Core 7:30-8:15pm Adult MC 815-8:45	Adult Core 7:30-8:15 Adult BBC 815-8:45		<u>RESERVED</u> Private Lessons School Teams Special Events	