



New Cove Schedule

Effective September 9, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Mini Martial Arts 10:30 – 11:00 am <i>Patterns</i>
	Mini Martial Arts 5:30 – 6:00 pm <i>Fundamentals</i>	Youth Martial Arts 5:30 – 6:15 pm <i>Pads</i>	Mini Martial Arts 5:30 – 6:00 pm <i>Pads</i>	Youth Martial Arts 5:30 – 6:15 pm <i>Fundamentals</i>		Youth Martial Arts 11:00 – 11:45 am <i>Patterns</i>
	Low Belt 6:00 – 7:00 pm <i>Patterns</i>	High Belt 6:15 – 7:15 pm <i>Sparring/Pads</i>	Low Belt 6:00 – 7:00 pm <i>Sparring/Pads</i>	High Belt 6:15 – 7:15 pm <i>Patterns</i>		Low Belt 12:00 – 1:00 pm <i>Fundamentals</i>
						High Belt 1:00 – 2:00 pm <i>Fundamentals</i>

Mini Martial Arts	Ages 3 - 5	Low Belt (White – Orange)	Ages 8 - 15
Youth Martial Arts	Ages 6 - 7	High Belt (Purple – Black)	Ages 8 - 15