



Class Schedule – Beginning September 7th, 2021

Main Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Notes
		Adult Open 9:30-10:15 am	Adult Open 9:30-10:15 am			Evade Classes karate techniques and self defense BBM Classes Specialty classes for BBM members. Includes weapons, kata, and sparring Adult Open Karate techniques and self defense for all adult belt levels Family Class Karate students who are siblings or parent/child
Kinder Karate 4:30-5:00 pm	Introductory Class 4:30-5:00 pm	Kinder Karate 4:30-5:00 pm	Kids Evade Orange-Green Stripe 4:30-5:15 pm	Kids Evade White/Yellow 4:30-5:15 pm	Kinder Karate 9:15-9:45 am	
Kids Evade White/Yellow 5:00-5:45 pm	Kids BBM Beginner Kata 5:00-5:45 pm	Kids Evade White/Yellow Belt 5:15-6:00 pm	Kids BBM Beginner Kata 5:15-6:00 pm	Kids BBM Beginner Weapons 5:15-6:00 pm	Kids Evade White/Yellow 9:45-10:30 am	
Kids Evade Orange-Green Stripe 5:45-6:30 pm	Kids Evade White/Yellow 5:45-6:30 pm	Kids BBM Sparring 6:00-6:45 pm	Introductory Class 6:00-6:30 pm	Kids Evade Orange-Green Stripe 6:00-6:45 pm	Kids Evade Orange-Black 10:30-11:15 am	
Kids Evade Blue-Black 6:30-7:15 pm	Kids BBM Advanced Kata 6:30-7:15 pm	Kids Evade Orange-Green Stripe 6:45-7:30 pm	Kids BBM Advanced Kata 6:45-7:30 pm	Kids Evade Blue-Black 6:45-7:30 pm	Kids BBM Open Kata 11:15-12:00 pm	
Advanced/Adult BBM Weapons 7:15-8:00 pm	Kids Evade Blue-Black 7:15-8:00 pm	Kids Evade Blue-Black 7:30-8:15 pm	Kids/Adult BBM Red-Black 7:30-8:15 pm		Family Class 11:15-12:00 pm (downstairs)	
		Adult BBM Sparring (downstairs) 7:30-8:15 pm			Kids/Adult BBM Sparring 12:00-12:45 pm	
Adult Open 8:00-9:00 pm	Adult BBM Kata 8:00-9:00 pm	Adult Open 8:15-9:00 pm	Adult Open 8:15-9:00 pm		Adult Open 12:45-1:30 pm	



Class Schedule – Beginning September 7th, 2021

Lower Floor Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Aero Kickboxing 9:00-9:30 am
Aero Kickboxing 7:00-7:30 pm	Aero Kickboxing 7:00-7:30 pm	Aero kickboxing 6:30-7:00 pm	Aero Kickboxing 6:30-7:00 pm		Aero Kickboxing 9:30-10:00 am
Aero Kickboxing 7:30-8:00 pm	Aero Kickboxing 7:30-8:00 pm	Aero Kickboxing 7:00-7:30 pm	Aero Kickboxing 7:00-7:30 pm		Ultimate Kickboxing 10:00-11:00 am
		Adult BBM Sparring 7:30-8:15 pm			Family Class 11:15-12:00 pm

Please use the online booking system to book all classes - <https://hamwestufma.simplybook.me>

Classes **will finish 5 minutes earlier** than posted, to allow for safe movement in & out of the building.

Safety protocols are still in effect:

- All Instructors are fully vaccinated and wear masks at all times.
- Staggered entry into building and separate entrance and exit.
- Masks are worn in & out of building. It is recommended to keep masks on during class, but not mandatory.
- Temperature checks & hand sanitizer upon entry. If you are not feeling well, please do not attend class.
- Cleaning and sanitizing will be done regularly throughout the day/evening.
- Parents – please meet your child at the Charlton Ave doors at the end of class (5 minutes before end of class)