



# POWER TRAINING CENTER SCHEDULE

Effective  
\*1/5/2026\*

	LITTLE BEAR 4 - 6 YEAR OLDS (30MIN)	JR. BEAR 6 - 9 YEAR OLDS & BLACK BELT (40MIN)	JR. BEAR 6 - 9 YEAR OLDS & BLACK BELT (40MIN)	SR. BEAR 9+ YEAR OLDS & BLACK BELT (40MIN)	BLACK BELTS ONLY (40MIN)
MON	4:30 PM – 5:00 PM	5:40pm – 6:20 PM WHITE, YELLOW, ORANGE, GREEN, BLUE	5:00PM – 5:40 PM PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	5:00PM – 5:40 PM WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	
TUES		4:30PM – 5:10PM WHITE, YELLOW, ORANGE, GREEN, BLUE	5:10PM – 5:50PM PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	5:10PM – 5:50PM WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	5:50 – 6:30 PM ALL BLACK BELT
WED	4:30PM – 5:00PM	5:40PM – 6:20PM WHITE, YELLOW, ORANGE, GREEN, BLUE	5:00PM – 5:40PM PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BEL	5:00PM – 5:40PM WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	
THUR		4:30PM – 5:10PM WHITE, YELLOW, ORANGE, GREEN, BLUE	5:10PM – 5:50PM PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	5:10PM – 5:50PM WHITE, YELLOW, ORANGE, GREEN, BLUE, PURPLE, H/PURPLE, RED, BROWN, JR. BLACK & BLACK BELT	
FRI / SAT	<b>SPECIAL EVENTS &amp; BIRTHDAY PARTIES</b> <b>Host Your Birthday Party With Us!</b>				

\* Parents & students are to remain quiet and wait patiently while other students are in class\*  
 \* Please come 5-10 minutes early \* \* SCHEDULE MAY CHANGE SLIGHTLY\*

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