



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 BELT	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	SPECIAL EVENTS & BIRTHDAY PARTIES Host Your Birthday Party With Us!				

* 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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