

Preparatory Trial/Waitlist: 1 Skills Class per Week

Martial Arts Skills	Monday	Tuesday	Wednesday	Thursday	Friday
All Ages		6:30 (30 minutes)			4:30 (30 minutes)

# **STAR Martial Arts Schedule**

Basic Program: 2\* Traditional Classes per week (All Classes are 45 minutes long, unless otherwise specified)

Black Belt Club: 2\* or more\*\* Traditional Classes per week

For Intermediate ranks and higher: Mondays and Tuesdays are board break training days; Wednesdays and Thursdays are weapons training days; Fridays will be boards OR weapons training, based on instructor discretion of what the group needs most

Traditional Classes	Monday	Tuesday	Wednesday	Thursday	Friday
ALL Tiny Tigers (ages 4-6)	4:00 (30 minutes)	3:45 or 5:15 (30 minutes)	3:45 or 5:00 (30 minutes)	5:45 (30 minutes)	6:30 (30 minutes)
White-Yellow (Ages 6+)	4:30	5:45	4:15	6:30	5:45
Camo-Blue	5:15	7:00	5:30	7:15	3:45
Brown-Red	6:15	8:15	6:45	3:45	5:00
R/B– Black	7:30	4:15	7:30	5:00	7:00
Teen/Adult (All Ranks)	8:15		8:15		8:15
Specialty Classes	Monday	Tuesday	Wednesday	Thursday	Friday
Striping Catch-up Class	6:00 (15 minutes)	5:00 (15 minutes)	9:00 (15 minutes)	6:15 (15 minutes)	
Leadership	7:00 (30 minutes)	7:45 (30 minutes)	6:15 (30 minutes)	4:30 (30 minutes)	
Competition Class:					7:45 (30 minutes)
University of Martial Arts				8:00 (1 hour)	

For questions, please email us at [rachelcampagnoli@gmail.com](mailto:rachelcampagnoli@gmail.com)