

Omega - Parker Class Schedule

303- 680- 3567

Time / Day	Monday LARGE	Monday SMALL	Tuesday LARGE	Tuesday SMALL	Wednesday LARGE	Wednesday SMALL	Thursday LARGE	Thursday SMALL	Friday LARGE	Saturday LARGE	Saturday SMALL
9:00 - 9:15			Cardio				Cardio			Cardio	
9:15 - 9:30			Cardio				Cardio			Cardio	
9:30 - 9:45			Cardio				Cardio			Cardio	
9:45 - 10:00			Cardio				Cardio			Cardio	
10:00 - 10:15										All Belt	
10:15 - 10:30										All Belt	
10:30 - 10:45										All Belt	
10:45 - 11:00										All Belt	
11:00 - 11:15										DEMO	Kid
11:15 - 11:30										TEAM	Kickers
11:30 - 11:45										DEMO	Class
11:45 - Noon										TEAM	
Noon - 12:15										XXXXXX	
12:15 - 12:30										XXXXXX	
12:30 - 12:45										XXXXXX	
12:45 - 1:00										XXXXXX	
1:00 - 1:15			Home				Home				
1:15 - 1:30			School				School				
1:30 - 1:45											
1:45 - 2:00			Class				Class				
4:15 - 4:30			Adults				Adults				
4:30 - 4:45			All Belt				All Belt				
4:45 - 5:00			Class				Class				
5:00 - 5:15	Kid	White	Green	Kid	Kid	All Belt	Green	Hapkido			
5:15 - 5:30	Kickers	To	To	Kickers	Kickers	All Belt	To	and Kid			
5:30 - 5:45	Class	High	Black	Class	Class	All Belt	Black	Kicker			
5:45 - 6:00	XXXXXX	Green	Class	XXXXXX	Red	All Belt	Class	Hapkido	All Belt		
6:00 - 6:15	Green	Specialty	White	Traditional	To	XXXXXX	White	Traditional	All Ages		
6:15 - 6:30	To	Class	To	Kodakan	Black	XXXXXX	To	Kodakan	All Ages		
6:30 - 6:45	Black	Specialty	High	Judo	Class	XXXXXX	High	Judo	Sparring		
6:45 - 7:00	Class	Class	Green	Class	XXXXXX	White	Green	Class	Sparring		
7:00 - 7:15	OMEGA	Cardio	Hapkido	All Belt	OSS	High	Cardio	Jr.	Sparring		
7:15 - 7:30	WEAPONS	Cardio	Hapkido	All Belt	every	Green	Cardio	Black	Sparring		
7:30 - 7:45	CLASS	Cardio	Hapkido	All Belt	two	XXXXXX	Cardio	Belt	Sparring		
7:45 - 8:00	XXXXXX	Cardio	Hapkido	All Belt	weeks	XXXXXX	Cardio	Class	XXXXXX		
8:00 - 8:15	XXXXXX	XXXXXX	Hapkido	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		
8:15 - 8:30	XXXXXX	XXXXXX	Hapkido	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		
8:30 - 8:45	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		
8:45 - 9:00	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX		

Revised 1/27/12