

Rahn's Black Belt Academy

Semester 5 - 2012 SCHEDULE

LANGLEY						604-532-0172		20211 56th Avenue		www.rahnsblackbeltacademy.com		ALDERGROVE		3015 273rd Street	
Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Tuesday		Thursday	
9:15 AM	Warrior X-Fit	9:15 AM	Warrior X-Fit	9:15 AM	Warrior X-Fit	9:15 AM	Warrior X-Fit	9:15 AM	Warrior X-Fit	Special Events All Day					
4:00	Private Lessons	4:00	Private Lessons	4:00	Private Lessons	4:00	Private Lessons	4:00	Private Lessons			4:45	Family BBT All Ranks	4:45	Family BBT All Ranks
4:30	Family BBT White-Purp	4:30	Family BBT White-Purp	4:30	Family BBT White-Purp	4:30	Family BBT White-Purp	4:30	Family BBT White-Purp			5:45	Leadership	5:45	Leadership
5:30	Leadership	5:30	Leadership	5:30	Leadership	5:30	Leadership	5:30	DEMO TEAM			6:15	Family BBT All Ranks	6:15	Family BBT All Ranks
6:00	Blue - Black ALL	6:00	Family BBT White-Purp	6:00	Blue - Black ALL	6:00	Family BBT White-Purp	6:30	Black Belt ONLY Class			7:15	ALL Adults & Black Belts	7:15	ALL Adults & Black Belts
7:00	Family BBT White-Purp	7:00	Blue - Black ALL	7:00	Family BBT White-Purp	7:00	Blue - Black ALL	7:30	BJJ Brazilian Jiu-Jitsu			8:15	Leadership	8:15	Leadership
8:00	CITC			8:00	Staff Development					1:00	Seminars watch your SPIN Newsletters!				

Schedule Effective Sept 4th, 2012

* Class schedule is subject to change to better meet student demands.