

# Rahn's Black Belt Academy

# Semester 5 - 2013 SCHEDULE

LANGLEY						ALDERGROVE	
604-532-0172						3015 273rd Street	
20211 56th Avenue							
<a href="http://www.rahnsblackbeltacademy.com">www.rahnsblackbeltacademy.com</a>							
Monday	Tuesday	Wednesday	Thursday	Friday	Friday Continued	Tuesday	Thursday
9:30 AM Warrior X-Fit	9:30 AM Warrior X-Fit	9:30 AM Warrior X-Fit	9:30 AM Warrior X-Fit	9:30 AM Warrior X-Fit	Week 1 & 5 BJJ		
4:00 Private Lessons	4:00 Private Lessons	4:00 Private Lessons	4:00 Private Lessons	4:00	Week 2 & 6 Sparring	5:00 Family BBT White-Purple Younger Ages	5:00 Family BBT White-Purple Younger Ages
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			
5:30 Blue - Black ALL	5:30 Family BBT White-Purp	5:30 Blue - Black ALL	5:30 Family BBT White-Purp	5:30 See Friday Continued Column	Week 3 & 7 BJJ	6:00 Family BBT All Ranks	6:00 Family BBT All Ranks
6:30 Leadership	6:30 Leadership	6:30 Leadership	6:30 Leadership	6:30 Seminars	Week 4 Demo Team	7:00 Leadership	7:00 Leadership
7:00 Family BBT White-Purp	7:00 Blue - Black ALL	7:00 Family BBT White-Purp	7:00 Blue - Black ALL				7:30 Blue - Black ALL
8:00 Staff Development		8:00 CITC			Saturday Seminars watch your SPIN Newsletters!		

Schedule Effective September 9, 2013

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