

Newbury Park Martial Arts Center Class Schedule

LEVEL 1 Foundations of Self Protection		

Level 2 Advanced Self Protection				

Level 3 Pathway of the Protector				

Level 4 Black Belt Mastery	

Adult Classes

Time	Mon	Tues	Weds	Thurs	FRIDAY
	YOGA 12:30-1:30		YOGA 12:30-1:30		YOGA 11:30-12:30
5:45-6:30pm	Earth Level 1	Water Level 2 Fire Level 2		Wind Level 3 Void Level 3	
6:30-7:15pm	Water Fire	Earth Level 1	All Ranks	Water Level 2 Fire Level 2	
7:15-8:00pm	Wind Void Black Belt	Wind Void Black Belt		Earth Level 1 Black Belt	

Time	Sat
8:30-9:15am	
9:15-10:00am	EARTH LEVEL 1

Youth Classes

Time	Mon	Tues	Weds	Thurs	Time	Sat
5:15-5:45pm	COOL Kidz	COOL Kidz		COOL Kidz	8:30-9:15am	
5:00-5:45pm	Level 3	Level 1		Level 2	9:15-10:00am	Level 2 & 3
5:45-6:30pm	Level 1	Level 2		Level 1	10:00-10:30am	Level 1
6:30-7:15pm	Level 2	Level 3		Level 3		COOL KIDS

Special Classes

Black Belt Club*
Ninja Taijutsu Class*

4 or 5th Tuesday
1st Thursday

Junior and Adult 6:30-7:15pm
6:30-7:15pm

Check monthly schedule for day/time verification

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*Subscription Class-Included in some Membership Packages **Subject to change due to Holiday and Special Events

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