

# CENTRAL PARK

8270 E. NORTHFIELD BLVD



# CLASS SCHEDULE

EFFECTIVE DATE: 10/13/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AGES 5-12 - LEVEL 1 4:15 - 4:55PM	AGES 5-6 - LEVEL 2 4:15 - 4:45PM	AGES 7-12 - LEVEL 2 4:15 - 4:55PM	AGES 5-6 - LEVEL 2 4:15 - 4:45PM	AGES 5-12 - LEVEL 1 4:15 - 4:55PM	AGES 5-6 - LEVEL 2 9:00AM - 9:30AM
AGES 5-6 - LEVEL 2 5:00PM - 5:30PM	ALL AGES - LEVEL 5 4:50 - 5:30PM	AGES 5-6 - LEVEL 2 5:00PM - 5:30PM	ALL AGES - LEVEL 5 4:50 - 5:30PM	NXT INSTURCTORS 5:00 - 5:30PM	AGES 7-12 - LEVEL 2 9:35AM - 10:15AM
AGES 7-12 - LEVEL 2 5:35 - 6:15PM	AGES 5-12 - LEVEL 1 5:35 - 6:15PM	AGES 5-12 - LEVEL 1 5:35 - 6:15PM	AGES 5-12 - LEVEL 1 5:35 - 6:15PM	AGES 7-12 - LEVEL 2 5:35 - 6:15PM	AGES 7-12 - LEVEL 3 + 4 10:20AM - 11:05AM
AGES 7-12 - LEVEL 3 6:20 - 7:00PM	AGES 7-12 - LEVEL 3 6:20 - 7:00PM	ALL AGES - LEVEL 4 6:20 - 7:00PM	AGES 7-12 - LEVEL 2 6:20 - 7:00PM	AGES 7-12 - LEVEL 3 6:20 - 7:00PM	COMPETITION TEAM FORMS 11:30AM TO 12:30PM
ALL AGES - LEVEL 5 7:05 - 7:50PM	ALL AGES - LEVEL 4 7:05 - 7:50PM	ALL AGES - LEVEL 5 7:05 - 7:50PM	ALL AGES - LEVEL 4 7:05 - 7:50PM		COMPETITION TEAM SPARRING 12:30PM TO 1:30PM
12+ LEVELS 1,2,3 7:55 - 8:40PM	12+ LEVELS 1,2,3 7:55 - 8:40PM	12+ LEVELS 1,2,3 7:55 - 8:40PM	12+ LEVELS 1,2,3 7:55 - 8:40PM		COMPETITION TEAM SPECIAL FOCUS 1:30PM TO 2:15PM



SCAN FOR MORE INFORMATION  
ON CLASSES

LEVEL 1 - WHITE BELTS (AGES 5-12)

LEVEL 2 - WHITE/ORANGE - PURPLE (AGES 5-6)

LEVEL 2 - ORANGE - PURPLE (AGES 7-12)

LEVEL 3 - BLUE - RED (AGES 7-12)

LEVEL 4 - RED/BLACK (ALL AGES)

LEVEL 5 - BLACK BELTS (ALL AGES)