



## Class Schedule Effective January 8, 2023

Sunday		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
Neeta Gandhi Indian Dance	Between 1:30-5:00p	Intermediate and Advanced Belts	6:00-6:45p	Little Tigers	5:45-6:15p			White	6:00-6:45p			Little Tigers	9:45-10:15am
		White Sr White Gold Sr. Gold	6:50-7:35p	White Sr White Gold Sr. Gold	6:20-7:05p			Sr White Gold Sr. Gold	6:50-7:35p	Sacred Martial Arts	6:00-7:00p	White Sr White Gold Sr Gold	10:20-10:50am
												Intermediate Advanced	10:55-11:25am
		Kokikai Aikido	7:30-8:30p	Intermediate Advanced Black Belts	7:10-7:55p	Sacred Martial Arts	7:00-8:00p	Intermediate Advanced Black Belts	7:40-8:25p			Black Belts	11:30-12:30pm
												Sacred Martial Arts	4:30-5:30pm

**Color Key:**

- Integrity Martial Arts Classes
  - Kokikai Aikido Classes
- Nartan Nayana Nrityalaya BN Indian Dance Classes
  - Sacred Martial Arts Classes