



Sacramento – Truxel

Effective August 1, 2010

2063 Arena Blvd.
Sacramento, CA 95834
916-419-9878

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Academy Hours	2:30p – 9:00p	2:30p – 9:15p	2:30p – 9:00p	2:30p – 9:15p	3:30p – 8:30p	9:00a – 11:30a
JUNIOR CLASSES						
Lil' Samurai	3:30p – 4:15p	3:30p – 4:15p 5:45p – 6:30p	3:30p – 4:15p	3:30p – 4:15p 5:45p – 6:30p	5:30p – 6:15p	
Junior Beginner White and Gold Belt	6:30p – 7:15p	5:00p – 5:45p	6:30p – 7:15p	5:00p – 5:45p	4:00p – 4:45p	10:00a – 10:45a
Junior Intermediate Leadership Orange through Blue Belt	4:15p – 5:00p	6:30p – 7:15p	4:15p – 5:00p	6:30p – 7:15p	4:45p – 5:30p	10:45a – 11:30a
Junior Advanced Leadership Red through Advanced Brown Belt	5:45p – 6:30p	4:15p – 5:00p	5:45p – 6:30p	4:15p – 5:00p	7:00p – 7:45p	10:45a – 11:30a
Junior Black Belt	5:00p – 5:45p	7:15p – 8:00p	5:00p – 5:45p	7:15p – 8:00p	7:00p – 7:45p	10:45a – 11:30a
Black Belt Prep			5:00p – 5:45p			
Birthday Party						12:00p – 1:30p
ADULT CLASSES						
Demo Team Practice					7:45p – 8:45p	
Teen – All Belts	5:00p – 5:45p		5:00p – 5:45p		6:15p – 7:00p	9:00a – 10:00a
Adult & Teen Beginner White and Gold Belt		8:15p – 9:15p		8:15p – 9:15p		
Adult & Teen Intermediate Leadership Orange through Blue Belt		8:15p – 9:15p		8:15p – 9:15p		
Adult & Teen Advanced Leadership Red through Advanced Brown Belt		7:15p – 8:15p		7:15p – 8:15p		
Adult & Teen Black Belt		7:15p – 8:15p		7:15p – 8:15p		
Adult – All Belts	7:15p – 8:15p		7:15p – 8:15p		6:15p – 7:00p	9:00a – 10:00a

Belt Promotion Times – Saturday	
Lil' Samurai: 10:00a Junior Beginner: 11:00a	Junior Intermediate and Advanced: 12:00p Teens and All Adults: 9:15a



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Students are expected to:

1. Arrive 10 – 15 minutes prior to scheduled class.
2. Pull attendance card after changing into uniform.
3. Keep uniforms neat, clean, and odor-free.
4. Quietly prepare for class (do not disturb the class in session).
5. Always show respect to instructors and students.
6. Always be well-mannered, and behave properly.
7. Attend class on a regular and consistent basis.
8. Make arrangements with instructors for make-up classes.
9. Show proper effort and spirit in the classroom.
10. Practice and exercise at home for better results.
11. Memorize and apply Student Creed.
12. Develop and maintain a positive well-disciplined attitude.