

MOUNTAIN STATES INTERNATIONAL BLACK BELT ACADEMY

BBC = Black Belt Club ONLY Foundations Class = Beginners Only (Beginner = no color on belt)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Tigers Foundations (Ages 5 - 8)					5:15 - 5:45 PM	
Youth Foundations (Ages 8 - 14)					6:15 - 7:00 PM	
Little Dragons (Ages 4 - 5)	5:00 - 5:30 PM		5:00 - 5:30 PM			10:15 - 10:45 AM
Beginning Tigers (Ages 5 - 8) White - Purple Stripe	5:30 - 6:00 PM BBC 6:00 - 6:10	4:30—5:00 PM BBC 5:00 - 5:10	5:30 - 6:00 PM BBC 6:00 - 6:10	4:30—5:00 PM BBC 5:00 - 5:10	BBC ONLY 5:30 - 6:00 PM	9:30 - 10:00 AM BBC 10:00 - 10:10
Advanced Tigers Purple Stripe - Brown Stripe	4:15 - 4:45 PM BBC 4:45 - 4:55	6:00 - 6:30 PM BBC 6:30 - 6:40	4:15 - 4:45 PM BBC 4:45 - 4:55	6:00 - 6:30 PM BBC 6:30 - 6:40	BBC ONLY 5:30 - 6:00 PM	9:30 - 10:00 AM BBC 10:00 - 10:10
Eagles	4:15 - 4:45 PM BBC 4:45 - 4:55	6:00 - 6:30 PM BBC 6:30 - 6:40	4:15 - 4:45 PM BBC 4:45 - 4:55	6:00 - 6:30 PM BBC 6:30 - 6:40	5:30 - 6:00 PM BBC ONLY	9:30 - 10:00 AM BBC 10:00 - 10:10
Mixed Level Youth Class <i>Eagles - Youth Level 3</i>		3:45 - 4:25 PM BBC 4:25—4:35		3:45 - 4:25 PM BBC 4:25—4:35		
Youth Basic Level 1 (Ages 8 - 14) White - Advanced Orange	5:55 - 6:40 PM BBC 6:40 - 6:50	4:45 - 5:25 PM BBC 5:25 - 5:35	5:55 - 6:40 PM BBC 6:40 - 6:50	4:45 - 5:25 PM BBC 5:25 - 5:35	BBC ONLY 6:00 - 6:45 PM	10:50 - 11:30 AM BBC 11:30 - 11:40
Youth Level 2 BBC ONLY Purple - Advanced Green	6:05 - 6:50 PM	3:45 - 4:35 PM 5:15 - 6:00 PM	6:05 - 6:50 PM	3:45 - 4:35 PM 5:15 - 6:00 PM	BBC ONLY 6:00 - 6:45 PM	11:45 - 12:35 AM
Youth Level 3 BBC ONLY Red - Advanced Brown	4:45 - 5:30 PM	6:10 - 7:00 PM	4:45 - 5:30 PM	6:10 - 7:00 PM	BBC ONLY 6:00 - 6:45 PM	11:45 - 12:35 AM
Youth Level 4 - Jr. Black Belts	4:45 - 5:30 PM	6:10 - 7:00 PM	4:45 - 5:30 PM	6:10 - 7:00 PM	6:00 - 6:45 PM	12: 45 - 1:45 PM
Jr. Black Belt Preparation Class	5:30 - 6:00 PM				6:45 - 7:45 PM	
BBC MAT RATS GRAPPLING			5:30 - 6:00 PM			
Family Class <i>Eagles - Adults</i>	6:40 - 7:20 PM BBC 7:20 - 7:30		6:40 - 7:20 PM BBC 7:20 - 7:30			
Adult/Teen Basic Level 1 White - Advanced Orange	7:30 - 8:25 PM	12:10 - 1:05 PM 7:10 - 8: 05 PM	Sparring/Fitness 7:30 - 8:25 PM	12:10 - 1:05 PM 7:10 - 8: 05 PM	BBC ONLY 6:00 - 6:45 PM	12: 45 - 1:35 PM
Adult/Teen Level 2 & 3	7:30 - 8:35 PM	12:10 - 1:05 PM 7:10 - 8: 05 PM	Sparring/Fitness 7:30 - 8:25 PM	12:10 - 1:05 PM 7:10 - 8: 05 PM	BBC ONLY 6:00 - 6:45 PM	12:45 - 1:45 PM
Black Belt Preparation Class			7:30 - 8:25 PM			
Black Belt Masters Club		8:15 - 9:15 PM		8:15 - 9:15 PM		
Soke Phillips Jujitsu	8:30 - 9:30 PM					
PERFORMANCE TEAM					4:30 - 5:30 PM	
LEADERSHIP TEAM					5:30 - 6:30 PM	
TOURNAMENT TEAM		7:00 - 7;45 PM		7:00 - 7;45 PM		Open Mat 10 AM
KickBoxNow!	12:00 - 1:00 PM	7:00 - 8:00 PM	12:00 - 1:00 PM	7:00 - 8:00 PM	12:00 - 1:00 PM	