

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			5:15 - 5:45 PM	
Youth Foundations (Ages 8 - 14)				5:15 - 5:45 PM	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	6:00 - 6:40 PM BBC 6:40 - 6:50	4:45 - 5:25 PM BBC 5:25 - 5:35	6:00 - 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	11:45AM - 12:35PM
Youth Level 3 BBC ONLY	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	11:45AM - 12:35PM
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 Prep Class	5:30 - 6:00 PM				6:45 - 7:45 PM	
BBC MAT RATS GRAPPLING			5:30 - 6:00 PM			
Basic Adult/Teen Level 1 <i>Includes Review for Advanced</i>	6:40 - 7:20 PM BBC 7:20 - 7:30		6:40 - 7:20 PM BBC 7:20 - 7:30			
Adult/Teen - Mixed Levels		12:10 - 1:05 PM 7:10 - 8:05 PM		12:10 - 1:05 PM 7:10 - 8:05 PM	BBC ONLY 6:00 - 6:45 PM	12:45 - 1:45 PM
Advanced Adult/Teen Level 2 & up	7:30 - 8:35 PM		7:30 - 8:25 PM			
Black Belt Preparation Class			7:30 - 8:25 PM			
Black Belt Masters Club		11:00 AM				
Kamishin Jujitsu	7:30 - 9:15 PM					
PERFORMANCE TEAM					4:30 - 5:30 PM	
LEADERSHIP TEAM					5:30 - 6:30 PM	
KickBoxNow! <i>Adding new class times soon!</i>	12:45 - 1:45 PM	7:00 - 8:00 PM	12:45 - 1:45 PM 7:00 - 8:00 PM	7:00 - 8:00 PM	12:45 - 1:45 PM	

3091 W. 29th Street Unit A

Office Phone: (970) 330-5425

www.ibba.us