

Southern Highlands Academy	RANK/ AGE	MONDAY	TUESDAY t-shirt day	WEDNESDAY	THURSDAY	FRIDAY t-shirt day	SATURDAY t-shirt day
ISLAND DRAGONS	Beginner Ages 3-6	4:00-4:30 PM 6:00-6:30 PM	4:00-4:30 PM 6:00-6:30 PM	4:00-4:30 PM	4:00-4:30 PM 6:00-6:30 PM	4:00-4:30 PM	8:30-9:00 AM
OHANA KIDS	Beginner Ages 7-12	4:30-5:15 PM 6:30-7:15 PM	4:30-5:15 PM 6:30-7:15 PM	4:30-5:15 PM	4:30-5:15 PM 6:30-7:15 PM	4:30-5:30 PM Sparring	9:00-9:30 AM
WARRIORS	Advanced Belts	5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	4:30-5:30 PM Sparring	9:30-10:00 AM
KAHUNAS	Teens & Adults Age 13+	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM	7:15-8:00 PM	5:30-6:00 PM Sparring	10:00-10:30 AM
BLACK BELTS		5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	5:15-6:00 PM	5:30-6:00 PM Sparring	10:30-11:00
LEADERSHIP				6:00-6:30 PM			
LEGACY				6:30-7:15 PM			