

CLASS	PV MONDAY	North Scottsdale TUESDAY	PV WEDNESDAY	North Scottsdale THURSDAY	PV FRIDAY
TIGERS Ages 3-6	4:00-4:30pm	4:00-4:30pm	4:00-4:30pm	5:15-5:45 pm	
TIGER ELITE Ages 3-6	Weapons 4:30-5:00pm	4:30-5:00pm	Sparring 4:30-5:00pm		
WHITE-CAMO	5:00-5:45pm	5:00-5:45pm	5:00-5:45	4:30 - 5:15pm	5:15-6:00
GREEN- RED	6:30-7:15pm	6:30-7:15pm	6:30-7:15pm	6:30-7:15pm	4:00-4:45
KIDS SPARRING					6:00-6:45
LEADERSHIP All Ranks	5:45-6:30	5:45-6:30			
XMA/HYPER TRAINING Leadership Only			5:45-6:30 pm		4:45-5:15 pm
REC BLACK BELT & ABOVE ALL RANKS ADULTS	7:15- 8:15pm	7:15- 8:15pm	7:15- 8:15pm	7:15- 8:15pm	6:45-7:45
LEGACY All Ages, All Ranks			6:30-7:30		
COMPETITION Leadership Only					
FIGHT CLUB Leadership Only					
Fitness					
<i>- Children ages of 3-7 years old. Class is 30 Minutes long</i>					
KARATE FOR KIDS- Children ages of 8-12 years old. Class is 45 Minutes long.					
TEENS AND ADULTS- Teens and Adults ages of 13 and up. Class is 60 Minutes long.					
OWNERS: Chief Master Michelle Landgren-Lee 8 th Degree Black Belt, Mr. Anthony Landgren 6 th Degree Black Belt					
OPERATIONS: Ms. Patricia Martinez, 4 th Degree Black Belt					
PROGRAM DIRECTOR: Ms. Amanda Rinker, 1 st Degree Belt, Ms. Anita Rodriguez, Ms. Saindon 2 nd Degree Black Belt					
CHIEF INSTRUCTOR: Mr. Anthony Landgren 6 th Degree Black Belt,					
ASST INSTRUCTOR: Mr. Le 6 th Degree Black Black Belt, Michael Raffle 4 th Degree Black Belt					

PV SATURDAY	North Scottsdale SATURDAY					
9:00-9:30	9:00-9:30 am					
9:30-10:15 Fight Club	9:30 - 9:45am					
10:15-10:45	9:45 - 10:30 am					
11:45-12:15	11:15 - noon					
11:15-11:45						
10:45-11:15	10:30 - 11am					
	12:00 - 12:45 pm					
12:15-1:00pm	12:45 - 1:45					
9:30-10:15 All ages Fight club						