

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Pulse Intro 9:45am – 10:30am	
Tiny Tiger 5:00pm – 5:30pm	Pulse Intermediate Taekwondo 4:45pm – 5:30pm	Tiny Tiger 5:00pm – 5:30pm	Pulse Intermediate Taekwondo 4:45pm – 5:30pm	Tiny Tiger 5:00pm – 5:30pm	Tiny Tiger 10:30am – 11:00am	
Pulse Intro 5:30pm – 6:15pm	Wushu KungFu Level 3/4 5:30pm – 6:30pm	Pulse Intro 5:30pm – 6:15pm	Wushu KungFu Level 3/4 5:30pm – 6:30pm	Pulse Intro 5:30pm – 6:15pm	Wing Chun KungFu All Levels 11:00am – 12:30pm	
Pulse Combat Taekwondo 6:15pm– 7:00pm	Wushu KungFu Competition Team Level 4 6:30pm – 7:30pm	Teen/Adult 6:15pm – 7:00pm	Wushu KungFu Competition Team Level 4 6:30pm – 7:30pm	Pulse Combat Taekwondo 6:15pm– 7:00pm	Wushu KungFu Level 4 12:30pm – 1:30pm	
Wushu KungFu Level 2 7:00pm – 8:00pm	Wing Chun/KungFu All Levels 7:30pm – 9:00pm	Wushu KungFu Level 2 7:00pm – 8:00pm	Wing Chun/KungFu All Levels 7:30pm – 9:00pm	Pulse Intermediate Taekwondo 7:00pm – 7:45pm	Wushu KungFu Level 3/4 1:30pm – 2:30pm	<b>BELT/SASH TESTING</b> Last Sat of Month Tiny Tiger 8:30am Kids/Adult 9:00am
Teen/Adult 8:00pm – 8:45pm		Pulse Advanced Taekwondo 8:00pm – 8:45pm		Pulse Advanced Taekwondo 7:45pm – 8:30pm	Wushu KungFu Level 2 2:30pm – 3:30pm	<b>BELT/SASH TESTING</b> Last Tues of Month Wing Chun 8:00pm

### INTRODUCTION PROGRAMS

Tiny Tiger: under 6  
Pulse Intro: Ages 7-12  
Teen/Adult: Ages 13 & over

#### **Pulse Combat TKD Sparring:**

Must be enrolled in **Pulse Combat Program** to attend

#### **Pulse Performance Program:**

Provides access to multiple programs for kids/teens

### TAEKWONDO STREAM

**Pulse Intermediate:** Orange Belt – Green Belt – Purple Belt  
**Pulse Advanced:** Blue Belt – Brown belt – Red Belt  
Red/Black Stripe Belt - Black Belt

### WUSHU KUNGFU STREAM

**Level 2:** Orange Sash – Green Sash  
**Level 3:** Blue Sash – Purple Sash  
**Level 4:** Brown Sash - Red Sash – Red/Black Stripe Sash  
Black Sash

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**Effective January 1, 2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Afterschool Program 4:00pm – 4:45pm	Wing Chun KungFu All Levels 9:30am – 11:00am	Pulse Intro 10:00am – 10:45am
Tiny Tiger 5:00 - 5:30	Pulse Advanced 4:45 - 5:30	Tiny Tiger 5:00 - 5:30	Pulse Intro 4:45 - 5:30	Tiny Tiger 5:00 - 5:30	Tiny Tiger 11:00am - 11:30am	Wushu KungFu Level 2 10:45am – 11:45am
Pulse Intermediate 5:30 - 6:15	Pulse Intro 5:30 – 6:15	Pulse Intermediate 5:30 – 6:15	Pulse Intermediate 5:30 – 6:15	Pulse Intro 5:30 – 6:15	Pulse Intro – Advanced All Belts 11:30am – 12:15pm	Wushu KungFu Level 3 11:45am – 12:45pm
Pulse Combat Taekwondo 6:15 – 7:00	Wushu KungFu Level 2/3 6:15 – 7:15	Pulse Advanced 6:15 – 7:00	Pulse Combat Taekwondo 6:15 – 7:00	Wushu KungFu Level 2/3 6:15 – 7:15	Pulse Combat Sanda/Kickboxing 12:15 – 1:00	Wushu KungFu Level 4 12:45 – 1:45
Pulse Performance (Forms) 7:00 – 8:00	Wushu KungFu Level 4 7:15 – 8:15	Pulse Performance (Weapons) 7:00 – 8:00	Pulse Performance (Open Gym) 7:00 – 8:00	Wushu KungFu Level 4 7:15 – 8:15	Teen/Adult 1:00 – 2:00	Wushu KungFu Competition Team 1:45 – 3:00
Teen/Adult 8:00 – 9:00	Wushu Kung Fu Competition Team 8:15 – 9:30	Wing Chun KungFu All Levels 8:00 – 9:30	Teen/Adult 8:00 – 9:00	Wushu KungFu Competition Team 8:15 – 9:30	Belt/Sash Testing Last Sat Each Month Tiny Tiger 2pm-3pm Child-Adult 3pm-5pm	Wing Chun KungFu All Levels 3:00pm – 4:30pm Wing Chun Testing Last Sun of Month

**INTRODUCTION PROGRAMS**

Tiny Tiger: Under 6  
Pulse Intro: Ages 7-12  
Teen/Adult: Ages 13 & Over

**Pulse Combat Taekwondo/Recreational Sanda**

Must be enrolled in Combat Program to attend

**Pulse Performance**

Must be enrolled in Performance Program to attend  
Provides access to Multiple Programs

**TAEKWONDO STREAM**

**Pulse Intermediate:** Orange Belt - Green Belt - Purple Belt  
**Pulse Advanced:** Blue Belt - Brown Belt - Red Belt  
Red/Black Stripe Belt – Black Belt

**WUSHU KUNGFU STREAM**

**Level 2:** Orange Sash - Green Sash  
**Level 3:** Blue Sash – Purple Sash  
**Level 4:** Brown Sash – Red Sash – Red/Black Stripe Sash  
Black Sash

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