

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

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

Pulse Combat Taekwondo / Sanda
 Must be enrolled in Pulse Combat or Wing Chun
 Program to attend

Pulse Performance
 Must be enrolled in Performance Program to
 attend. Provides access to multiple programs

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

WUSHU KUNG FU STREAM
Wushu Intermediate: Orange – Green - Blue Sash
Wushu Performance: Purple - Brown – Red – Red/Black
 Stripe - Black Sash

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