

# BOULDER QUEST SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Time	Saturday
1:00 PM			Adult All ranks 1:00-2:00 pm	Private Lessons 1:00-2:00 pm	10:00 AM	Mighty Dragons
1:15 PM					10:15 AM	10:00-10:30 am
1:30 PM			Adult Open 2:00-2:30 Mat		10:30 AM	Dragon Warriors
1:45 PM				10:45 AM	10:30-11:00 am	
2:00 PM					11:00 AM	Level 1
2:15 PM					11:15 AM	White/Yellow
2:30 PM					11:30 AM	11:00-11:45 am
2:45 PM					11:45 AM	Cardio Sword
3:00 PM					12:00 PM	11:45 am-
3:15 PM					12:15 PM	12:30pm
3:30 PM	Mighty Dragons		Mighty Dragons		12:30 PM	Level 2
3:45 PM	3:30-4:00 pm	Mighty Dragons	3:30-4:00 pm	Mighty Dragons	12:45 PM	Blue/Red
4:00 PM	Level 1	3:45-4:15 pm	Level 1	3:45-4:15 pm	1:00 PM	12:30-1:15 pm
4:15 PM	White/Yellow	Dragon Warriors	White/Yellow	Dragon Warriors	1:15 PM	Level 3 / Level 4
4:30 PM	4:00-4:45 pm	4:15-4:45 pm	4:00-4:45 pm	4:15-4:45 pm	1:30 PM	Grn/Brn/ Black
4:45 PM	Level 2	<b>Youth</b>	Level 2	<b>Youth BBC</b>	1:45 PM	1:15-2:00 pm
5:00 PM	Blue/Red	All ranks	Blue/Red	4:45-5:15 pm	2:00 PM	Ninja Mind
5:15 PM	4:45-5:30 pm	4:45-5:30 pm	4:45-5:30 pm	Level 4	2:15 PM	2:00-2:45 pm
5:30 PM	Level 3	Drills & 5:30-	Level 3	Black Belt	2:30 PM	
5:45 PM	Green/Brown	Skills 6:00 pm	Green/Brown	5:15-6:00 pm	2:45 PM	
6:00 PM	5:30-6:15 pm	Tribal	5:30-6:15 pm	Ninja Fit		
6:15 PM	Cardio	Bellydance 1	All-Ranks Silver+ Ninja	6:00-6:45 pm		
6:30 PM	Kickboxing	6:00-6:45 pm	Weapons			
6:45 PM	6:15-7:00 pm	Tribal	6:15-7:00 pm	Level 2 / Level 3		
7:00 PM	Level 1	Bellydance 2	Private Lessons or	Blue/Red Grn/Brn		
7:15 PM	White/Yellow	6:45-7:30 pm	Special Workshops	6:45-7:30 pm		
7:30 PM	7:00-7:45 pm	Adult only	7:00-8:30 pm	Level 1 Adult only		
7:45 PM	All-Ranks Silver+	Level 2 / Level 3	2nd Wed: Ninja	White/Yellow		
8:00 PM	Ninja Secrets	7:30-8:15 pm	Philosophy	7:30-8:15 pm		
8:15 PM	7:45-8:30 pm					
8:30 PM						



STARTS MARCH 1ST, 2010

UNLEASH YOUR POTENTIAL!

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