



# Group Class Schedule

Z-Ultimate Self Defense  
 7858 SE 28th St, A - 105  
 (206) 232-2723  
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Effective June 16th, 2013

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
9:00 AM						9:00 AM	
9:15 AM		Little Dragons 9:15 - 10:00	Beginner & Advanced Kids 9:15 - 10:00			9:15 AM	
9:30 AM						9:30 AM	Little Dragons 9:30 - 10:15
9:45 AM						9:45 AM	
10:00 AM						10:00 AM	
10:15 AM						10:15 AM	Beginner & Advanced Kids 10:15 - 11:00
10:30 AM						10:30 AM	
						10:45 AM	
4:30 PM						11:00 AM	Performance Class 11:00 - 11:45
4:45 PM						11:15 AM	
5:00 PM	Beginner Kids 5:00 - 5:45		Beginner Kids 5:00 - 5:45		Beginner & Advanced Kids 5:00 - 5:45	11:30 AM	
5:15 PM							11:45 AM
5:30 PM		Little Dragons 5:30 - 6:15		Little Dragons 5:30 - 6:15		12:00 PM	
5:45 PM	Advanced Kids 5:45 - 6:30						12:15 PM
6:00 PM						12:30 PM	
6:15 PM					Kids Sparring 6:00 - 6:30	12:45 PM	
6:30 PM						1:00 PM	
6:45 PM						1:15 PM	
7:00 PM		Adults & Teens 7:00 - 8:00			Adults & Teens 7:00 - 8:00	1:30 PM	
7:15 PM							1:45 PM
7:30 PM						2:00 PM	
7:45 PM						2:15 PM	
8:00 PM				Sparring 8:00 - 8:30		2:30 PM	
8:15 PM						2:45 PM	
Key	Little Dragons = Ages 4 - 7 White Belt to Purple Belt		Beginner Kids = Ages 8 - 11 White Belt to Purple Belt		Adults & Teens = Age 13 + All Levels		Specialty Classes Ask About Eligibility
Private and Semi-private Classes Available by Appointment. Regular dojo hours: Weekdays 12 - 9 PM, Saturday 9 AM - 3 PM							