



# Group Class Schedule

Effective November 2012

Z-Ultimate Self Defense  
 7858 SE 28th St, A - 105  
 (206) 232-2723  
 mercerisland@zultimate.com

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday	Sunday
3:00 PM						9:00 AM		Private Classes Available by Appointment
3:15 PM						9:15 AM		
3:30 PM						9:30 AM	Little Dragons 9:30 - 10:15	
3:45 PM						9:45 AM		
4:00 PM						10:00 AM		
4:15 PM						10:15 AM		
4:30 PM						10:30 AM		
4:45 PM						10:45 AM		
5:00 PM	Beginner Kids 5:00 - 5:45		Beginner Kids 5:00 - 5:45		Beginner & Advanced Kids 5:00 - 5:45	11:00 AM		
5:15 PM							11:15 AM	
5:30 PM		Little Dragons 5:30 - 6:15		Little Dragons 5:30 - 6:15		11:30 AM		
5:45 PM	Advanced Kids 5:45 - 6:30					Kids Sparring (Orange Belt +) 5:45 - 6:30	11:45 AM	
6:00 PM						12:00 PM		
6:15 PM						12:15 PM		
6:30 PM	Teens 6:30 - 7:30		Teens 6:30 - 7:30			12:30 PM		
6:45 PM							12:45 PM	
7:00 PM					Adults & Teens 7:00 - 8:00	1:00 PM		
7:15 PM							1:15 PM	
7:30 PM		Adults 7:30 - 8:30		Adults 7:30 - 8:30		1:30 PM		
7:45 PM							1:45 PM	
8:00 PM						2:00 PM		
8:15 PM						2:15 PM		
8:30 PM						2:30 PM		
8:45 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		Teens = Ages 12 - 16, All Levels		Adults = Age 17 +, All Levels	
Sparring Classes Open to Orange Belts and Above, Must Bring Your Own Gear								