



Group Class Schedule

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

Effective September 3rd, 2013

	Monday	Tuesday	Wednesday	Thursday	Friday		Saturday
9:00 AM						9:00 AM	
9:15 AM						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	
						10:30 AM	Beginner & Advanced Kids 10:15 - 11:00
4:45 PM						10:45 AM	
5:00 PM	Beginner Kids 5:00 - 5:45		Beginner Kids 5:00 - 5:45			11:00 AM	
5:15 PM							
5:30 PM		Little Dragons 5:30 - 6:15		Little Dragons 5:30 - 6:15	Kids Sparring 5:30 - 6:15	11:30 AM	
5:45 PM	Advanced Kids 5:45 - 6:30						
6:00 PM						12:00 PM	
6:15 PM						12:15 PM	
6:30 PM						12:30 PM	
6:45 PM						12:45 PM	
7:00 PM		Adults & Teens 7:00 - 8:00		Adults & Teens 7:00 - 8:00	Adults & Teens 7:00 - 8:00	1:00 PM	
7:15 PM							
7:30 PM						1:30 PM	
7:45 PM						1:45 PM	
8:00 PM						2:00 PM	
8:15 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
	Semi-private Classes Available by Appointment. Regular dojo hours: Weekdays 12 - 9 PM, Saturday 9 AM - 2 PM						