



Effective
11-27-2017

Raleigh (North Ridge shopping center)
(919)845-1112

6124 Falls of Neuse Rd

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:30-5:15 YELLOW	4:30-5:00 TIGER TOTS (Age 3-5)	4:45-5:30 WHITE - GREEN (FORMS)	4:30-5:00 TIGER TOTS (Age 3-5)	4:30-5:15 WHITE	10:00-10:45 WHITE - YELLOW
5:15-6:00 WHITE	5:00-5:45 WHITE - YELLOW	5:30-6:15 BLUE & UP (FORMS)	5:00-5:45 WHITE - YELLOW	5:15-6:00 SPARRING (WHITE-GREEN)	10:45-11:15 TIGER TOTS (Age 3-5)
6:00-6:45 GREEN - BLUE	5:45-6:30 GREEN Stripe & UP	6:15-7:00 WHITE	5:45-6:30 WEAPONS & BULLY PROOF (BBP & MP ONLY)	6:00-6:45 BOARD BREAKING (BBP & MP ONLY)	11:15-12:00 GREEN & UP
6:45-7:30 RED & UP	6:30-7:15 BLACK BELT ONLY	7:00-7:45 YELLOW	6:30-7:15 GREEN & UP	6:45-7:30 SPARRING (BLUE & UP)	12:00-1:00 DEMO TEAM (Invite ONLY)
7:30-8:15 DEMO TEAM (Invite ONLY)	7:15-8:00 TEEN & ADULTS	7:45-8:30 LEADERSHIP / SWORD (BBP & MP ONLY)	7:15-8:00 TEEN & ADULTS	PARENT DATE NIGHT (Every other month) 7:30pm-11:00pm See office for dates	1:30-3:00 BIRTHDAY PARTY

Important Information:

- * We will be closed when Public School is closed due to inclement weather
- * Please make appointments for Birthday Parties, Private Lessons, and Introductory Lessons
- * Please notify the office if you will not attend class for a week or more
- * Students are ready to test for the next belt upon earning all stripes associated with current belt level.
- * Stripe system is posted near the office. Classes are not held on testing or ceremony days.
- * During Sparring Class and Sparring Testing, **protective gear is mandatory** for safety!
- * Classes subject to change throughout the year
- * BBP(Black Belt Program) / MP(Masters Program)

Website: www.martialartsinraleigh.com

Email: masterchangsnorthridge@gmail.com

Facebook: [Master Changs Martial Arts North Ridge](#)

Bring A Friend to Friday Class !!!

Students are encouraged to **bring a Chingoo**, or **friend** in Korean, **to class on Fridays!** This is a great way for students to show off their key-hap, breaking techniques, and much more while attending with friends and family...

* \$ 2 Fee per 1 board for Board Breaking Class *