

Thousand Waves Martial Arts & Self-Defense Center, NFP

2010 Schedule of Classes, effective March 2, 2010

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
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| 12:30 – 1:30 Blue – Black Belts Jun Shihan Nancy | 3:45 – 4:30 Little Kicks Jun Shihan Nancy | 12:30 – 1:30 Blue –Black belts Sensei Triston | 3:45 – 4:30 Little Kicks Sensei Triston | | 9:30 – 10:15 Little Kicks Kyoshi Sarah Sensei Triston Senpai Alan Senpai Carmina | |
| 3:45 – 4:30 Juniors Sensei Peggy Senpai Alan Senpai Joshua Senpai Carmina | Senpai Alan Senpai Akinwande Senpai Gigi | 3:45 – 4:30 Juniors Jun Shihan Nancy Kyoshi Sarah Senpai Alan Senpai Carmina | Senpai Alan Senpai Akinwande Senpai Carmina | 3:45 – 4:30 Juniors Kyoshi Sarah Sensei Triston Senpai Katherine | | |
| 4:30 – 5:30 Youth /Teens Sensei Peggy Senpai Alan Senpai Kate Senpai Joshua | 4:30 – 5:30 Youth / Teens Senpai Alan Senpai Akinwande Senpai Carmina | 4:30 – 5:30 Youth / Teens Senpai Alan Senpai Tom Senpai Sarah K | 4:30 – 5:30 Youth / Teens Senpai Alan Senpai Akinwande Senpai Carmina | 4:30 – 5:30 Youth / Teens Sensei Peggy Senpai Alan Senpai Katherine | 10:15 – 11 Juniors Senpai Alan Senpai Katherine Senpai Carmina Senpai Sara B Senpai Gigi | 11-12 Black Belts Sensei Triston Senpai Yesica |
| 5:30 - 6:30 (upstairs) Teens – All Levels Jun Shihan Nancy Senpai Kate Senpai Carmina | 5:30 – 6:30 Sparring Skills – Blue to Black Belts, Teens & Adults Sensei Jonathan | 5:30-6:30 (upstairs) Teens – All Levels Kyoshi Sarah Sensei Triston Senpai Tom | 5:30 – 6:30 Green to Black Belts Sensei Triston | 5:30 – 6:30 Conditioning – Blue to Black belts, Teens & Adults Jun Shihan Nancy | 11 – 12 Youth / Teens Sensei Triston Senpai Katherine Senpai Carmina Senpai Gigi | 12-1 Blue – Black Belts Sensei Triston Senpai Yesica |
| 5:30 – 6:30 (downstairs) Fitness Senpai Joshua | 6:30 – 7:30 Green to black Belts Jun Shihan Nancy | 5:30 – 6:30 (downstairs) Fitness Senpai Sarah K | 6:30 – 7:30 Blue to Adv Yellow Belts Sensei Jonathan Senpai Sarah K | 5:30 – 6:30 (downstairs) White & Adv White Belts Sensei Peggy | 12 – 1 White & Adv. White Kyoshi Sarah Senpai Sara B | 1:00 -2:10 Sparring Skills – Blue to Black Belts, Teens & Adults Sensei Triston Senpai Yesica |
| 6:30 – 7:30 Adults – All Levels Kyoshi Martha Senpai Marie | 7:30 – 8:40 Kata – Adv White to Black Belts Kyoshi Sarah | 6:30 – 7:30 (upstairs) Black Belts Kyoshi Sarah 6:30 – 7:30 (downstairs) White & Adv White Belts Sensei Triston Senpai Carmina | 7:30 – 8:40 White & Adv White Belts Sensei Jonathan Sensei Triston | 6:30 – 8:00 Black Belts Jun Shihan Nancy | 1 – 2:00 Blue – Adv. Yellow belts Kyoshi Sarah | |
| 7:30 – 8:40 Sparring – Green to Black Belts Sensei Wai | Self-Defense Courses in April & July, 6-9 pm, downstairs | 7:30 – 8:40 Once each month: Meditation & Guided Discussion of Issues Related to Martial Practice Teachers Workshops Sandam/Yondan/Godan Class Jun Shihan Nancy, Coordinator | Staff Meetings, 2x mo, 2-3:15 pm | | 2:00 – 3:00 Green – Black belts Kyoshi Sarah | |
| Downstairs space available for self-training from 7:30 to 8:30 pm | Downstairs space available for self-training from 6:30 to 7:30 pm, except during self-defense courses | 6:30 and 7:30 classes cancelled once every other month for promotion tests. | Downstairs space available for self-training from 6:30 to 8:30 pm, except during board meetings once a month | | 3:00 – 4:10 - Sparring Green – Black belts Sensei Triston | |
| | | | | | Youth rank tests from 4 -6, every other month Special workshops, 4-6, as scheduled Self-Defense Courses in Jan & Oct, 1-4 pm, downstairs | |