

Effective April 1, 2010

## Warrior's Edge Martial Arts Training Schedule

790 Royal Saint George, Suite 106, Naperville, IL 60563 (630) 416-1946

[www.thewarriorsedge.com](http://www.thewarriorsedge.com)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>10:00-10:45</b> <b>Rangers</b> (Ages 4-7)
4:00 To 4:45			<b>Youth Skills &amp; Drills</b>			<b>10:45-11:30</b> <b>Skills &amp; Drills</b>
5:00 to 5:45	<b>Rangers</b> (Ages 4-7)	<b>Youth Skills &amp; Drills</b>	<b>Rangers</b> (Ages 4-7)	<b>Skills &amp; Drills</b>		<b>11:30-12:15</b> <b>Aiki Ninjutsu Class</b>
6:00 to 6:45	<b>Aiki Ninjutsu</b>	<b>Aiki Ninjutsu</b>	<b>Skills &amp; Drills</b>	<b>Aiki Ninjutsu</b>		<b>12:15 – 1:00</b> <b>Weapons</b>
7:00 to 7:45	<b>Skills &amp; Drills</b>	<b>Skills &amp; Drills</b>	<b>Aiki Ninjutsu</b>	<b>Sparring / Stress Training</b>		
8:00 to 8:45	<b>Black Belt Class</b>	<b>7:45-8:15 Meditation / Mind Science</b>	<b>Weapons</b>	<b>Black Belt Class</b>		
		<b>8:15-9:00 Ground Fighting</b>				

1. Please arrive at least 5 minutes early for your class
2. Be sure to wear a clean uniform with a Warrior's Edge t-shirt underneath.
3. Hands must be clean
4. All patches must be securely attached and correctly placed on uniform
5. Absolutely NO horseplay permitted