



CLASS Schedule

EFFECTIVE January 2, 2019

1416 Sonoma Ave.
 Santa Rosa, CA
 (707) 568-4321
www.segalsata.com

CREATING TOMORROWS LEADERSONE BLACK BELT AT A TIME

	Monday	Tuesday	Wednesday	Thursday	Friday
10:00		TEEN/ADULT		TEEN/ADULT	
11:00		Legacy		ADULT SPARRING	
4:00	TIGERS	TIGERS	TIGERS	TIGERS	TIGERS
4:30	KIDS WHITE-GREEN	ADV KIDS	KIDS WHITE-GREEN	ADV KIDS	KIDS WHITE-GREEN
5:10	ADV KIDS	White –blue sparring	ADV KIDS	LEADERSHIP	ALL RANK KIDS SPARRING
5:50	JUNIOR BLACK BELTS	KIDS WHITE-GREEN	LEADERSHIP	Kids WHITE-GREEN	Kids Purple-Black Belt
6:30	Legacy	TIGERS	JUNIOR BLACK BELTS	TIGERS	ADULT ALL RANKS
7:00	ADV SPARRING BY PERMISSION	Legacy		TEEN-ADULTS COLOR BELTS	
7:30	7:45 ADULT BLACK BELTS	TEEN-ADULTS COLOR BELTS	7:15 Adult BLACK BELTS	7:45 Kali/Krav	7:15 ADULT Sparring
8:00					

Saturday

9:00	TIGERS
	LEADERSHIP
9:30	
	ALL RANK KIDS
10:00	
	KIDS SPARRING
10:40	
	TEEN/ADULT
11:20	
	ADULT SPARRING
12:00	
	FAMILY CLASS
12:40	