

LAVALLEE'S USA Black Belt Champions LAKESHORE HEIGHTS PLAZA

6195 RT. 31 CICERO, NEW YORK 13039

Monday "A" & Wednesday "B"

5:00-5:30 Little Champions & Little Ninjas
5:30-6:30 Purple to Black Belt Juniors
6:30-7:15 White-Yellow-Orange Juniors
7:15-8:15 White to Black Belt Adults
8:15-9:00 H.I.T. Fit



Tuesday "A" & Thursday "B"

5:00-5:45 White-Yellow-Orange Juniors
5:45 -6:45 Purple to Black Belt Juniors
6:45-7:15 Little Champions & Little Ninjas
7:15-8:15 White to Black Belt Adults

Friday "A"

4:15-4:45 Little Champions & Little Ninjas
4:45-5:45 Purple to Black Belt Juniors
5:45-6:30 White-Yellow-Orange Juniors
6:30-7:30 White to Black Belt Adults

Saturday "B"

9:30-10:00 Little Champions & Little Ninjas
10:00-10:45 White-Yellow-Orange Juniors
10:45-11:30 Purple to Black Belt Juniors
11:30-12:30 White to Black Belt Adults

"A" Days
Skills/Drills/CONDITIONING
CURRICULUM TRAINING

FOR YOUR CLASSES:

- PLEASE ARRIVE 10-15 MINUTES PRIOR TO YOUR CLASS
- QUIETLY PREPARE FOR CLASS
- RESPECT THE CLASS IN PROGRESS
- NO JEWELRY ALLOWED IN CLASS

"B" Days
SAFETY GEAR REQUIRED
REACTION TRAINING

Phone 315-699-9898

www.cicerobbcc.com