

LaVallee's USA Black Belt Champions

5612 Business Ave.
Cicero South

Phone 214-0249
www.cicerobbcc.com

LAVALLEE'S
USA Black Belt Champions



Monday "A" / Wednesday "B"

4:00-4:45 White-Yellow-Orange Belt - Juniors
4:45-5:30 Purple to Black Belt - 7-9 yrs
5:30-6:00 Little Champions
6:00-7:00 Purple-Black Belt – 10-13 yrs
7:00-8:00 White -Black Belt - Adults
8:00-9:00 WJJU (grappling gi required)

Tuesday "A" / Thursday "B"

4:15-4:45 Little Champions
4:45-5:45 Purple-Black Belt – 10-13 yrs
5:45-6:30 White-Yellow-Orange Belt - Juniors
6:30-7:15 Purple-Black Belt – 7-9 yrs
7:15-8:00 H.I.T. Fit
8:00-9:00 White-Black Belt - Adults

Friday "A"

4:00-4:45 White-Yellow-Orange Belt - Juniors
4:45-5:15 Little Champions
5:15-6:15 Purple-Black Belt – Juniors all ages
6:15-7:15 White-Black Belt – Adults (HIT Fit)

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

Saturday "B"

9:30-10:00 Little Champions
10:00-10:45 White-Yellow-Orange Belt–Juniors
10:45-11:30 Purple-Black Belt–Juniors all ages
11:30-12:30 White-Black Belt - Adults

"A" Days
Kata (forms)
Skills/Drills/Conditioning
Curriculum Training

Morning Classes
Adults
White to Black Belt
Tuesday & Thursday
10:00 am

"B" Days
Kumite (Sparring)
Reaction Training
Safety Gear Required

New Schedule Begins Tuesday, September 6, 2011