



Black Belt All Star Leaders

All Curriculum (Phase) is for the entire family

Haverhill

Phase 1-Basic

Phase 2- Purple -Grn/Brn

Phase 3- Brown-Black Belts

Phase 4 - Black Belts

C.I.T- Certified Instructor Training

Senior Master Instructor: Kyoshi Ocasio

Chief Instructor: Deshi Mendez, Program Director: Deshi Alford, Assistant Instructor: Joshu Edwards, Instructor: Master Ocasio

	<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>		<i>Saturday</i>
9am	<i>Staff training</i>	9:00	Phase 1-2-3-4 <i>All ages</i>	9am	<i>Staff Training</i>	9:00	Phase 1-2-3-4 <i>All ages</i>	10am	<i>Staff Training</i>		
	Private Lessons		Private Lessons		Private Lessons		Private Lessons		Private Lessons		
4:30	Phase 2 <i>All ages</i>	5:00	Phase 2 <i>All ages</i>	4:45	Phase 1 <i>All ages</i>	4:15	Phase 1 <i>All ages</i>	5:00	Phase 2 & 3 <i>All ages</i>	8:30	Adults Phase 1-2-3-4
5:30	Dragons <i>All Phase</i>	6:00	Phase 1 <i>All ages</i>	5:30	Dragons <i>All Phase</i>	5:15	Phase 3 <i>All ages</i>	6:00	Leadership <i>All ages</i> <i>Phases 1-2</i>	9:30	Dragons <i>All Phase</i>
6:00	Black Belt Phase 4	7:00	Black Belt Phase 4	6:00	Leadership <i>All ages</i> <i>Phases 3-4</i>	6:15	Phase 2 <i>All ages</i>		Events <i>All ages</i>	10:00	Phase 1 <i>All ages</i>
7:00	Phase 3 <i>All ages</i>	7:50	Adults Phase 1-2-3-4	7:00	Phase 2 <i>All ages</i>	7:15	Black Belt Phase 4			10:45	Demo
				7:00	C.I.T Training (Haverhill Location)	8:00	Adults Phase 1-2-3-4			1:00 2:30	Birthday parties
				7:50	Phase 1-2-3-4 T & A Only						

“As a Family Training Center all families are encouraged to train together”

Haverhill 978-373-4100

Plaistow 603-382-4199



Black Belt All Star Leaders

All Curriculum (Phase) is for the entire family

Plaistow

Phase 1-Basic

Phase 2- Purple -Grn/Brn

Phase 3- Brown-Above

Phase 4 - Black Belts

C.I.T- Certified Instructor Training

Senior Master Instructor: Kyoshi Ocasio

Chief Instructor: Deshi Ocasio Program Director: Joshu Peltonovich Assistant Instructor: Joshu Kiley

	<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>		<i>Saturday</i>
9am	<i>Staff Training</i>	9:30	Phase 1-2-3-4 <i>All ages</i>	9am	<i>Staff Training</i>	9:30	Phase 1-2-3-4 <i>All ages</i>	10am	<i>Staff Training</i>		
	Private Lessons		Private Lessons		Private Lessons		Private Lessons		Private Lessons		
4:45	<i>Dragons All Phase</i>	4:45	Phase 2 <i>All ages</i>	4:45	Phase 1 <i>All ages</i>	4:45	Phase 3 <i>All ages</i>	5:00	Phase 2 & 3 <i>All ages</i>	9:30	<i>Dragons All Phase</i>
5:15	<i>Black Belt Phase 4</i>	5:45	Phase 1 <i>All ages</i>	5:45	<i>Dragons All Phase</i>	5:45	Phase 2 <i>All ages</i>	6:00	<i>Leadership All ages All Phases</i>	10:00	Phase 1 <i>All ages</i>
6:00	Phase 3 <i>All ages</i>	6:45	<i>Black Belt Phase 4</i>	6:15	Phase 3 <i>All ages</i>	6:45	<i>Black Belt Phase 4</i>		<i>Events All ages</i>	10:45	<i>Demo</i>
7:00	Phase 1 <i>All ages</i>			7:00	C.I.T Training <small>(Haverhill Location)</small>	7:30	MMA Training			1:00 2:30	<i>Birthday parties</i>

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