



TEAM X-TREME

9920 ALTERNATE A1A SUITE #805
 PALM BEACH GARDENS, FL 33410
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Goals We Set Are Goals We Get!

"A" DAYS
 SKILLS/ DRILLS/
 CONDITIONING/ CURRICULUM

"B" DAYS
 SAFETY GEAR REQUIRED FOR BBC
 STUDENTS

Monday (A)	Tuesday (A)	Wednesday (B)	Thursday (B)	Friday (A)	Saturday (B)
	Adult-White/Black 9:00-10:00 am KBF 8:30		Adult-White/Black 9:00-10:00 am KBF 8:30	KBF 8:30am	Candidate Class Red & Up 7:45-9:00
L'il Champions 4:00-4:30 BBC + 15 min.	Jr. BBC/Elite Purple-Black 4:00-5:00	L'il Champions 4:00-4:30 BBC + 15 min.	Jr. BBC/Elite Purple-Black 4:00-5:00	L'il Champions 4:00-4:30 BBC + 15 min	L'il Champions 9:15-9:45 BBC + 15 min
Jr. BBC/Elite Purple-Black 4:45-5:45	Ad. Mixed White-Black 5:00-6:00	Jr. BBC/Elite Purple-Black 4:45-5:45	Ad. Mixed White-Black 5:00-6:00	Jr. Basic/BBC White-Orange 4:45-5:30	Jr. Basic/BBC White-Orange 10:00-10:45
Jr. Basic/BBC White-Orange 5:45-6:30	L'il Champions 6:00-6:30 BBC + 15 min	Jr. Basic/BBC White-Orange 5:45-6:30	L'il Champions 6:00-6:30 BBC + 15 min	Jr. BBC Purple-Black 5:30-6:15	Jr. BBC/Elite Purple-Black 10:45-11:45
Jr. BBC/Elite Purple-Black 6:30-7:30	Jr. Basic/BBC White-Orange 6:45-7:30	Jr. BBC/Elite Purple-Black 6:30-7:30	Jr. Basic/BBC White-Orange 6:45-7:30	Hyper Class 6:15-7:00	Ad. Mixed White-Black 11:45-12:45
Ad. Mixed White-Black 7:30-8:30	Ad. Mixed White-Black 7:30-8:30	Ad. Mixed White-Black 7:30-8:30	Ad. Mixed White-Black 7:30-8:30	Ad. Mixed White-Black 7:00-8:00	Karate B-Day Parties 12:30-1:30

PREPARE FOR VICTORY

- PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME.
- NEVER DISTURB THE CLASS CURRENTLY IN SESSION.
- QUIETLY STRETCH & PREPARE FOR YOUR CLASS.
- ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS.
- CLEAN UNIFORM & HYGIENE HABITS ARE A MUST.
- GUESTS SHOULD REMAIN IN SEATING AREA.
- ALL SHOES SHOULD BE PLACED IN SHOE RACK.
- CHILDREN MUST REMAIN IN SEATING AREA.