

Alameda School Class Schedule

1828 Park Street, Alameda Ca 94501 Tel:510-769-8018

Outdoor (Lincoln Park -1450 High street, Alameda Ca94501)

Time	Mon	Tues	Wed	Thu	Fri	Sat	Sun
10:00 AM						White Black	White Black
10:45 AM						Yellow & Yellow Black	Yellow & Yellow Black
11:30 AM						Green - Green Black Purple - Purple Black	Green - Green Black Purple - Purple Black
1:00 PM						Blue - Blue Black Brown - Brown Black	Blue - Blue Black Brown - Brown Black
2:00 PM						Teen/Adult all level Red & Red Black	Teen/Adult all level Red & Red Black
3:15 PM	White Black	Green Green Black	White black	Green Green Black	White Black		
4:00 PM	Yellow Yellow Black	Purple Purple Black	Yellow Yellow Black	Purple Purple Black	Yellow Yellow Black		

Indoor (1828 Park Street, Alameda Ca94501)

Time	Mon	Tues	Wed	Thu	Fri	Sat	Sun
10:00 AM						White Black	White Black
10:45 AM						Yellow & Yellow Black	Yellow & Yellow Black
11:30 AM						Green & Green Black Purple & Purple Black	Green & Green Black Purple & Purple Black
1:00 PM						White Black	White Black
2:00 PM						Teen/Adult all level Red & Red Black	Teen/Adult all level Red & Red Black
5:15 PM	Green Green Black	Blue Blue Black	Purple Purple Black	Blue Blue Black	Green Green Black		
6:00 PM	Purple Purple Black	White black Yellow Yellow Black	Brown Brown Black Red Red Black	White black Yellow Yellow Black	Brown Brown Black Red Red Black		
7:15 PM	Teen/Adult all Level	Teen/Adult all Level	Teen/Adult all Level	Teen/Adult all Level	Red Black Black Belt Training		

Castro Valley School Class Schedule

3235 Castro Valley Blvd, Castro Valley CA 94564 Tel:510-888-9595

Time	Mon	Tues	Wed	Thu	Fri	Sat	Sun
10:00 AM						White Black Yellow/Yellow Black	White Black Yellow/Yellow Black
10:45 AM						Green/Green Black	Green/Green Black
11:30 AM						Purple/Purple Black	Purple/Purple Black
1:00 PM						White Black Yellow/Yellow Black	White Black Yellow/Yellow Black
2:00 PM						Blue To Black Teen/Adult All level	Blue To Black Teen/Adult All level
3:45 PM		Green/Green Black	White Black Yellow/Yellow Black	Green/Green Black	White Black Yellow/Yellow Black		
4:30 PM		White Black Yellow/Yellow Black	Green/Green Black	White Black Yellow/Yellow Black	Purple/Purple Black		
5:15 PM		Purple/Purple Black	Blue/ Blue Black	Purple/Purple Black	Blue/ Blue Black		
6:00 PM		Brown to Black	White Black Yellow/Yellow Black	Brown to Black	White Black Yellow/Yellow Black		
7:15 PM		Teen/Adult All Level	Teen/Adult All Level	Teen/Adult All Level	Competition Team (7:00pm)		