

Fall 2010 Class Schedule-Blacksburg {As of Sept. 20th}

540-951-0055 {Blacksburg} / WWW.ABBOTTSTKD.COM \ 540-989-6765 {Roanoke}

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|--------------------------------------|-----------------------------------------|--------------------------------------|-----------------------------------------|-------------------------------------------------------|--------------------------------------------------------------|
| Closed | 4:00-4:30 Dragons | 4:00-4:30 White & Yellow Juniors | 4:00-4:30 Dragons | 4:00-4:30 White & Yellow Juniors | | 9:00am Cardio {Upstairs} Kids Class {Downstairs} |
| Closed | 4:30-5:15 All Juniors | 4:30-5:15 All Juniors | 4:30-5:15 All Juniors | 4:30-5:15 All Juniors | 5:00-5:30 Brown-Black Juniors Board Breaking | 10:00-11:00 Family Class |
| Closed | 5:15-6:00 Purple-Black Juniors | 5:15-6:00 White-Sr. Green Juniors | 5:15-6:00 Purple-Black Juniors | 5:15-6:00 White-Sr. Green Juniors | 5:30-6:30 Teen/Adult Open Floor | 11:00-12:00 Weapons Class |
| Closed | 6:00-7:00 Cardio | 6:00-7:00 Cardio | 6:00-7:00 Cardio | 6:00-7:00 Cardio | 6:30-7:30 Fight Night | |
| Closed | 7:00-8:00 Adult All Ranks | 7:00-8:00 Teen/Adult All Ranks | 7:00-8:00 Adult All Ranks | 7:00-8:00 Teen/Adult All Ranks | | |
| Closed | 8:00-8:45 Teen/Adult All Ranks | | 8:00-8:45 Teen/Adult All Ranks | | | |