



BARTLETT CLASS SCHEDULE

email: Rlangleynk.kickboxing@gmail.com

Director: Master Rita Langley

Senior Head Instructor: Mr. Alonzo Payne

Head Instructor: Mr. Alex Chakos

630-289-7777

4 - 7 year olds	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White/Gold		4:00 PM		5:15 PM	Park Dist	10:05 AM
Green/Purple		4:00 PM		5:15 PM	Park Dist	*9:00 / 9:30
Blue & UP		4:00 PM		5:15 PM	Park Dist	*9:00 / 9:30

8 - 12 Year olds

White - Gold	3:45 PM		SD 4:30 PM		5:00 PM	
Green Belt	3:45 PM		SD 4:30 PM		5:00 PM	*11:25 AM
Purple - Blue	4:30 PM		SD 3:45 PM		5:00 PM	*11:25 AM
Red / Brwn Strp	SD 5:15 PM		5:15 PM		5:45 PM	*12:10 AM
Solid Brown	6:00 PM	SD 4:35 PM	SD 6:00 PM	4:30 PM		*12:10 PM
Brown/Bl Stripe	6:00 PM	SD 4:35 PM	SD 6:00 PM	4:30 PM		*12:55 PM
Youth Black Belt		*5:20 / 6:05				SD 10:40 AM

13 - Adults

White - Brown	6:45 PM		*6:45:00 PM	6:00 PM	6:30 PM	
Adult Black Belt	7:35 PM	7:35 PM	7:35 PM	*7:35 PM	7:20 PM	
Krav Maga		6:50 PM		6:50 PM		
Kickboxing		6:50 PM				10:05 AM

Online E- Learning / 2 Lessons per week

E-Learning Link https://drive.google.com/drive/folders/1Qc4_L_q-kUh4_fFTB00FXti-uajWRHNR

***INDICATES SPARRING CLASS**

ZOOM INFO

All classes will be live on ZOOM! Parents can watch the class from their car!
We have 2 ZOOM ID's, one for each classroom. Ask you instructor which ID to use.

ZOOM 1: Meeting ID: 428-687-9943

PASSWORD: 2897777

ZOOM 2: Meeting ID: 228-200-7582

PASSWORD: 250167

SELF-DEFENSE DAYS

SD Indicates Self-Defense day. We would like parents to come to these classes for the first 10 minutes to be the attacker for their child's self-defense moves. If you are not able to be your child's attacker it's OK. We will make other accomodations for them.