



BARTLETT CLASS SCHEDULE

rlangley.nk.kickboxing@gmail.com

Director: Master Rita Langley

Senior Head Instructor: Mr. Alonzo Payne

Head Instructor: Mr. Alex Chakos

Effective 11/17/2020

630-289-7777

4 - 7 year olds	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
White		3:30 PM		4:45 PM	4:30 PM	10:05 AM
Gold		4:00 PM		5:15 PM	Park Dist	9:30 AM
Green/Purple		4:00 PM		5:45 PM	Park Dist	*9:00 / 9:30
Blue & UP		4:00 PM		5:45 PM	Park Dist	*9:00 / 9:30

* Indicates a sparring class

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 PM
Brown Belts	6:00 PM	SD 4:35 PM	SD 6:00 PM	4:00 PM		*12:10 PM
Brown/Bl Stripe	6:00 PM	SD 4:35 PM	SD 6:00 PM	4:00 PM		*12:55 PM
Youth Black Belt		*5:20 / 6:05				SD 10:40 AM

13 - Adults

White - Brown	6:45 PM		*6:45 PM	6:15 PM	6:30 PM	
Adult Black Belt	7:35 PM	7:35 PM	7:35 PM	*7:45 PM	7:20 PM	
Krav Maga		6:50 PM		7:00 PM		
Kickboxing		6:50 PM				10:05 AM

* Indicates a sparring class

Online E- Learning / 2 Lessons per week

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

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 your 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 Days. We would like parents to come to these classes for the first 20 minutes to be their child's attacker for their self defense moves.

If you are not able to be your child's attacker it's OK. We will make accomodations for them!