



BARTLETT CLASS SCHEDULE

rlangley.nk.kickboxing@gmail.com

Director: Master Rita Langley

Head Instructor: Mr. Alonzo Payne

Instructors: Ms. Raeann Bardgett, Mr. Sonny Manaloto

Effective 6/7/2021

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		B 4:00 PM	4:00 PM	5:15 PM	Park Dist	B 9:30 AM
Green/Purple		A 4:00 PM		5:45 PM	Park Dist	*9:00 / 9:30
Blue & UP		A 4:00 PM		5:45 PM	Park Dist	*9:00 / 9:30

**2 classes/week

* Indicates a sparring class

8 - 12 Year olds	3 classes/wk					
White	B 3:45 PM		B 4:30 PM		B 5:00 PM	
Gold/Green	A 3:45 PM		A 4:30 PM	6:15 PM*	A 5:00 PM	*11:25 AM
Purple - Blue	4:30 PM		6:00 PM	6:15 PM*		*11:25 AM
Red / Brwn Strp	5:15 PM		5:15 PM	6:15 PM*	5:45 PM	*12:10 PM
Brown Belts	6:00 PM	4:35 PM		4:00/6:15*		*12:10 PM
Brown/Bl Stripe	6:00 PM	4:35 PM		4:00/6:15*		*12:10 PM
Youth Black Belt		*5:20 / 6:05				10:40 AM

* Indicates a sparring class

13 - Adults

White - Brown	6:45 PM		*6:45 PM**	7:00 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		6:15 PM		
Kickboxing		6:50 PM				10:05 AM

20/up**

Teens***

* Indicates a sparring class

ZOOM INFO*

*ZOOM will be available only upon request. Please call 15 minutes prior to class time. Thank you.

Meeting ID: 827-259-5127

Password: 250167