



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		4:00 PM	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

**2 classes/week

* Indicates a sparring class

8 - 12 Year olds 3 classes/wk

White - Gold	3:45 PM		4:30 PM		5:00 PM	
Green Belt	3:45 PM		4:30 PM		5:00 PM	*11:25 AM
Purple - Blue	4:30 PM		6:00 PM			*11:25 AM
Red / Brwn Strp	5:15 PM		5:15 PM		5:45 PM	*12:10 PM
Brown Belts	6:00 PM	4:35 PM		4:00 PM		*12:10 PM
Brown/Bl Stripe	6:00 PM	4:35 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

20/up**

Teens***

* Indicates a sparring class

Online E- Learning / 2 Lessons per week

E-Learning Link https://drive.google.com/drive/folders/1Qc4_L_q-kUh4_fTB00FXti-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: 827-259-5127 Password: 250167

Zoom 2: Meeting ID: 228-200-7582 Password: 250167