



BARTLETT CLASS SCHEDULE

rlangley.nk.kickboxing@gmail.com

Director: Master Rita Langley

Head Instructor: Mr. Alonzo Payne

Instructor: Mr. Tony Roller

Effective January 16, 2023

630-289-7777

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

**2 classes/week

* Indicates a sparring class

8 - 12 Year olds 3 classes/wk

White			4:30 PM		B 5:00 PM	B 10:40 AM
Gold	3:45 PM		B 5:15 PM		A 5:00 PM	A 10:40 AM
Green	3:45 PM	*6:50 PM	B 5:15 PM		A 5:00 PM	*11:50 AM
Purple - Blue	4:30 PM	*6:50 PM	6:00 PM	4:00 PM		*11:50 AM
Red / Brwn Strp	5:15 PM		A 5:15 PM	*6:15 PM		*12:30 PM
Brown Belts	6:00 PM	4:35 PM		*6:15 PM	5:45 PM	*12:30 PM
Brown/Bl Stripe	6:00 PM	4:35 PM		*6:15 PM	5:45 PM	*12:30 PM
Youth Black Belt		*5:20 / 6:05				11:10 AM

13 - Adults

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

15/up**

13-14***

*indicates a sparring class