



Anatolia Schedule
 4022 Sunrise Blvd #100
 Rancho Cordova, CA 95742
 916.586.6131

Gold River Schedule
 2310 Sunrise Blvd #5
 Rancho Cordova, CA 95670
 916.586.6131

EFFECTIVE MONDAY, SEPTEMBER 5th, 2020

ALL CLASSES ARE LIVE & IN PERSON AS WELL AS LIVE AND ONLINE VIA ZOOM

	GOLD RIVER MONDAY (Forms/Weapons)	ANATOLIA TUESDAY (Forms/Weapons)	GOLD RIVER WEDNESDAY (Forms/Sparring)	ANATOLIA THURSDAY (Forms/Sparring)	GOLD RIVER FRIDAY	SUNRIDGE PARK GOLD RIVER SATURDAY
SUNRIDGE PARK FAMILY CLASS (60 min)						8:00 AM
SILVER DRAGON CLASS (45 min)	4:00 PM		4:00 PM		4:00 PM	
LITTLE DRAGON CLASS (25 min)		4:45 PM		4:45 PM		
BEGINNER / FAMILY CLASS (45 min) (All Belts/ALL Ages)	5:15 PM	5:15 PM	5:15 PM	5:15 PM		
INTERMEDIATE CLASS (45 min) (Yellow to Green/Blue belts)	6:15 PM	6:15 PM	6:15 PM	6:15 PM		
ADVANCED CLASS (45 min) (Blue to Red/Black belts)	7:15 PM	7:15 PM	7:15 PM	7:15 PM		
BLACK BELT TESTING PREP CLASS (45 min) (Red/Black, Poom, Black Belts)					5:15 PM	
DIFFERENT ABILITIES (30 min)					6:30 PM	
BLACK BELT ONLY CLASS (60 minutes)						9:30 AM (Gold River ONLY)

“The best compliment you can give our school is a referral!

www.levelupmartialarts.com
luma@levelupmartialarts.com