

**ALL THE TESTING DATES LISTED BELOW ARE TENTATIVE UNTIL WE GET CLOSER
TO FITNESS BOOTCAMP**

FITNESS BOOTCAMP

**IS PLANNED FOR
FRIDAY, MARCH 13TH**

NEXT BELT RANK TESTING

**IS PLANNED FOR EITHER
WEDNESDAY, APRIL 1ST**

OR

FRIDAY, APRIL 3RD

FINAL DATE WILL BE ANNOUNCED SOON

SHADOW MOOGI

(AGES 4.5 TO 6 IN THE 1ST CLASS OF EACH DAY)

WEEK 5 (FEB. 23RD, 2026)

MONDAY

- PARKOUR

TUESDAY

- OPENHAND FORMS
- BOARD BREAKING

WEDNESDAY

- TUMBLING AND TRICKING

THURSDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - OPENHAND BASICS
- CAMOUFLAGE BELT AND HIGHER
 - WEAPONS FORMS

FRIDAY

- PARKOUR

SATURDAY

- OPENHAND FORMS
- SELF-DEFENSE

COLOR BELT AND BLACK BELT STUDENTS

WEEK 5 (FEB. 23RD, 2026)

MONDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - OPENHAND FORMS
- CAMOUFLAGE BELT – BLACK BELTS
 - OPENHAND FORMS

TUESDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - BAG DRILLS
- CAMOUFLAGE BELT – BLACK BELTS
 - WEAPONS FORMS

THURSDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - OPENHAND FORMS
- CAMOUFLAGE BELT – BLACK BELTS
 - OPENHAND FORMS

FRIDAY

- WHITE, ORANGE, AND YELLOW BELTS
 - BAG DRILLS
- CAMOUFLAGE BELT – BLACK BELTS
 - WEAPONS FORMS

SATURDAY

- COLOR BELTS
 - TRADITIONAL SPARRING
 - (STUDENTS WITH SPARRING GEAR SHOULD BRING IT IN TODAY)
- BLACK BELTS
 - GROUND FIGHTING
 - (STUDENTS WITH SPARRING GEAR SHOULD BRING IT IN TODAY)