



CLASS SCHEDULE
EFFECTIVE February 24, 2025

1416 Sonoma Ave.
Santa Rosa, CA
(707) 568-4321
www.segalsata.com

CREATING TOMORROWS LEADERSONE BLACK BELT AT A TIME

	Monday	Tuesday	Wednesday	Thursday	Friday
		Family Class 11:00		Family Class 11:00 Sparring 11:40	
		12:00 Senior Strong		2:00 Senior Strong	
	TIGERS 3:30	BEG KIDS 3:30	TIGERS 3:30	BEG KIDS 3:30-	Tiger Sparring 3:30
	BEG KIDS 4:00	Leadership 4:10	BEG KIDS 4:00	Kids sparring 4:10	Tigers 4:00
	Adv Kids 4:40	Adv Kids 4:50	Kids Sparring 4:40	Adv Kids 4:50	BEG KIDS 4:30
	Color Belt Tiger/Kids/ Adults 5:20	TIGERS 5:30	Adv Kids 5:20	TIGERS 5:30	All Ranks Kids Sparring 5:00
	Adv Sparring by permission 6:00	Color Belt Kids/Adults 6:00	Leadership 6:00	Color Belt Kids/ Adults 6:00	Adv kids + BB kids 5:40
	Black Belts 6:40	Legacy 6:40	Color Belt Kids/ Adults 6:40	Sparring Teen Adults 6:40	Leadership/legacy 6:10
	Legacy 7:20	Teen/Adults 7:20	Black Belts 7:20	Teen/Adults 7:20	Teen/Adult All ranks 6:50
					Teen/Adult Sparring 7:30