



CLASS SCHEDULE
EFFECTIVE January 1, 2024

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	
		12:00 Senior Strong		2:00 Senior Strong	
	TIGERS 3:30-4:00	BEG KIDS 3:30-4:10	TIGERS 3:30-4:00	BEG KIDS 3:30-4:10	
	BEG KIDS 4:10-4:50	ADV KIDS 4:20-5:00	BEG KIDS 4:10-4:50	Adv Kids 4:20-5:00	Tigers 4:00-4:30
	ADV Kids 5:00-5:40	leadership 5:00-5:30	All ranks Kids Sparring 5:00-5:40	All ranks Kids Sparring 5:05-5:35	BEG KIDS 4:30-5:00
	Color belt Kids + Adults 5:40-6:20	TIGERS 5:40-6:10	Adv Kids 5:40-6:20	TIGERS 5:40-6:10	All Ranks Kids Sparring 5:00-5:40
	Adults & BB Sparring 6:20-7:00	BEG KIDS 6:15-6:55	Color belt Kids + Adults 6:20-7:00	BEG KIDS 6:15-6:55	Adv + BB kids 5:40-6:10
	BLACK BELTS 7:00-7:40	Teen/Adult Color belts 7:00	BLACK BELTS 7:00-7:40	Teen/Adult Color belts 7:00	Leadership/legacy 6:10-6:40
					Teen/Adult All Ranks 6:40-7:10
					Ad All Rank Sparring 7:10-7:40