



## LB SCHOOL OF SELF DEFENSE

213 N. Washington Wellington Kansas, 67152  
 (316) 213-6044 or (316) 213-6046

CLASS	M	T	W	TH	F	S
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<b>Harper Class</b>	<b>Saturday classes only in Harper: Lil Dragons @ 2 to 2:30, Juniors @ 2:30 to 3:15 and adults @ 3:15 to 4:00pm</b>					
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LIL' DRAGONS (4 - 7)		05:30 - 06:00		05:30 - 06:00		10:00-10:30
Basic Junior Program	6:00 - 6:45	06:00 - 06:45		06:00 - 06:45		10:30- 11:15
Black Belt Club	6:00 - 6:45					10:30- 11:15
Intermediate Juniors		6:45 - 07:30		6:45 - 07:30		
All adult Programs	6:00 - 6:45	7:30 - 8:15		7:30 - 8:15		10:30- 11:15
weapons **BBP						11:15 - 12:00
Demo Class Invite only **BBP			6:30 - 7:30		5:30 - 6:15	
Sparring Class (invite only)	5:15 - 6:00 (junior beginners)				6:15 -7:00 (BBC, advanced & adults)	

CLASS SCHEDULE

\*\*\*Basic Level: 2 to 3 classes per week - sparring invite only  
Black belt program (invite only): 4 classes per week basic/demo team/weapons/sparring  
Leadership Program: Unlimited classes/Instructor training  
 (\*\* Black Belt Program)