



# LB SCHOOL OF SELF DEFENSE

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

CLASS	M	T	W	TH	F	S
Tiny Tigers (2-4)				5:00-5:30		09:30 - 10:00
LIL' DRAGONS (5-7)		05:30 - 06:00		05:30 - 06:00		10:00 - 10:30
Beginner Juniors		06:00 - 06:45		06:00 - 06:45		10:30 - 11:15
Black Belt Club		06:45- 07:15		06:45 - 07:15		10:30 - 11:15
Intermediate Juniors***		7:15 - 8:00		7:15 - 8:00		10:30 - 11:15
All adult Programs		8:00-8:45		8:00-8:45		10:30 - 11:15
Sparring Class All Ages & Ranks	5:30 - 7:00 (invite only)					
Xtreme MA/weapons **BBC						11:15 - 12:00
Demo Class Invite only **BBC						11:15 - 12:00

CLASS SCHEDULE

Basic Level: 2 to 3 classes per week - Sparring Invite Only

Black beltClub (invite only): 4 classes per week basic/demo team/weapons/sparring/Xtreme MA