



PRO BLACK BELT

ACADEMY

FLOWERMOUND, TX

TRAINING SCHEDULE

TEAM	MON	TUES	WED	THURS	FRI
	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00	3:30-4:00
	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00
	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00	4:30-5:00
	5:15-6:00	6:00-6:45	5:15-6:00	6:00-6:45	5:15-6:00
	6:15-7:00	5:15-6:00	6:15-7:00	5:15-6:00	6:15-7:00
	6:15-7:00	5:15-6:00	6:15-7:00	5:15-6:00	6:15-7:00
Teens & Adults	7:00-7:45	7:00-7:45	7:00-7:45	7:00-7:45	

*Schedule subject to change.

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