



CLASS SCHEDULE

MON	TUE	WED	THU	FRI	SAT	SUN
9:30 AM Master Robertson Priv Lesson		9:30 AM Beginner & All Belt Class			9 - 10:30 AM Ashtanga	
11:30 AM Master Robertson Priv Lesson	11:30 AM Master Robertson Priv Lesson		11:30 AM Master Robertson Priv Lesson	11:30 AM Master Robertson Priv Lesson	11:30 - 12:30 PM Beginner & All Belts	
					12:30 - 1 PM *Kubudo & Shotokan	
2:00 - 5:30 PM After School	2:00 - 5:30 PM After School	2:00 - 5:30 PM After School	2:00 - 5:30 PM After School	2:00 - 5:30 PM After School		
5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners	5:45 - 6:20 PM Beginners		
6:30 - 7:15 PM All Belt Class	6:30 - 7:15 PM All Belt Class	6:30 - 7:15 PM All Belt Class	6:30 - 7:15 PM All Belt Class	6:30 - 7:00 PM Open Class Master Robertson		
7:30 - 8:30 PM Leadership Class	7:30 - 8:00 PM Private Lesson	7:30 - 8:30 PM Power Yoga	7:30 - 8:30 PM *Kubudo & Shotokan			

* Special invitation and equipment needed

Weekly Training Focus						
Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Breaking	Poomse	Poomse	Self-Defense	Conditioning	Curriculum Review	Testing Review
Overcome Limitations	Self Expression	Self Expression	Fitness	Fitness	General	Preparation

Class Descriptions	
Beginners:	Intro class and White Belts and White Yellow Stripe
All Belts:	White with Yellow Stripe Belt to Black Belt Curriculum
Private Training	Private training sessions with Master Rodney or Master Robin Robertson
Power Yoga:	Improve balance, strength, and flexibility through a moderate yoga flow speed
Ashtanga Mysore:	Special style of Yoga where instruction is one-on-one within a group setting
Leadership Class:	Selected adults taking leadership training and becoming certified instructors and Examiners
Shotokan:	Train Shotokan Karate and Kubudo Weapon with Master Robertson for an additional fee

Dojang Guidelines

We bow with our hands at the sides quietly at the door, mats, altar, and each other.

Arrive 5 min early for class. If you are late, take a knee at the edge of the mats

NOTE: Private classes in Tai Chi, White Crane Karate, MuDoKwan, and Yoga are available upon request.

1544 Seminola Blvd. Suites 108, Casselberry, FL 32707
 Phone: 407-696-7800 www.RobertsonMartialArts.com