



2199 South Sheridan Boulevard Denver, CO 80227  
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[www.rhynospkka.com](http://www.rhynospkka.com)



Safe Side 3 - 5 years old  
 Juniors 6-12 years old  
 Adults Beg. 13+ years old  
 Junior Intermediate & Advanced  
 Adult Intermediate & Advanced

Curriculum Classes		MONDAY (A)	TUESDAY (A)	WEDNESDAY (B)	THURSDAY (B)	FRIDAY	SATURDAY (C)
Adult all ranks			9:00 AM		9:00 AM		
Safe Side (3-5 years old)			4:30 PM	4:30 PM	5:15 PM		
Junior Beginners (6 - 12 years old)		4:30 PM	5:00 PM				
Junior Intermediate & Advanced		5:15 PM	5:45 PM				
Adult Beginner (13+ years old)		6:45 PM	6:30 PM				
Adult Intermediate & Advanced		6:00 PM	7:15 PM				
Adult Black Belt				7:15 PM			
<b>Masters Club &amp; Competition Team Classes</b>							
Basic Juniors All Ranks				5:00 PM	4:30 PM		
Basic Adults All Ranks					7:15 PM		
Masters Club Juniors					5:45 PM		
Masters Club Adults				6:30 PM			
Kata				5:45 PM			
Escrima					6:30 PM		
Leadership Team							8:00 AM
MMA							8:30 AM
Comp. Team (Forms)							9:30 AM
Comp. Team (Sparring)							10:30 AM
<b>Belt Testing</b>							
Belt Testing is conducted quarterly.		<b>Private Lessons available by appointment</b>					
There is a \$25.00 testing fee due before each test.		Private lessons offer additional personalized attention, allowing you to focus on specific techniques and receive immediate feedback. They are great for refining your skills, especially before important events like tests or tournaments.					
All 6-9 year olds will be tested twice for each full belt rank.							
3 months for half rank, 6 months for full rank.							
							<b>**Updated &amp; Effective</b>
							<b>03/23/2026</b>