



FALL CLASS SCHEDULE 2024

Phone: 952-212-1305 (call/text)

www.CrossoverFinishStrong.com

Find Your Class Code(s)

Revised 09/01/2024

Level	Age	Code	Ranks			
Moogis	4,5,6	M	All Ranks			
Dragons	7-10	D	All Ranks			
Level 1	11 and up	L1	White thru Green Belts			
Level 2	11 and up	L2	Purple thru Red Belts			
Level 3	11 and up	L3	Red/Black and All Ranks Black Belts			
Juniors 1,2,3	12 and under	J123	All			
Teens/Adults 1,2,3	13 and up	TA123	All			
Junior Leadership Team	12 and under	JLT	Juniors <i>(by invitation)</i>			
Adult Leadership Team	13 and up	ALT	Teens/Adults <i>(by invitation)</i>			
Tactical Fitness	All	TF	All Adults (and Junior Black Belts) Only			

Schedule by Class Code

CLASS CODE	MON	TUE	WED	THU	FRI	SAT
M - Moogis	5:15	5:15	5:15	5:15	TBA	TBA
D - Dragons	5:45	5:45	5:45	5:45	TBA	TBA
L1 - Level 1	6:15	6:15(J) or 7:15(TA)	7:30	7:00	TBA	TBA
L2 - Level 2	6:15	6:15(J) or 7:15(TA)	7:30	7:00	TBA	TBA
L3 - Level 3	7:30	6:15(J) or 7:15(TA)	6:15	7:00	TBA	TBA
J123 - Juniors	-	6:15	-	7:00	TBA	TBA
TA123 - Teens/Adults	-	7:15	-	7:00	TBA	TBA
JLT - Junior Leaders 12v	-	6:45	-	6:15	TBA	TBA
ALT - Adult Leaders 13^	-	6:45	-	6:15	TBA	TBA
TF - Tactical Fitness	6:45	-	6:45	-	-	-

Schedule by Daily Order

	MON	TUE	WED	THU	FRI	SAT
	5:15 - M	5:15 - M	5:15 - M	5:15 - M	TBA	TBA
	5:45 - D	5:45 - D	5:45 - D	5:45 - D	TBA	TBA
	6:15 - L 1/L2	6:15 - J123	6:15 - L3	6:15 - JLT/ALT	TBA	TBA
	6:45 - TAC FIT	6:45 - JLT/ALT	6:45 - TAC FIT	7:00 - J/TA123	TBA	TBA
	7:30 - L3	7:15 - TA123	7:30 - L1/L2	-	TBA	TBA