

# Busto's Ronkonkoma Class Schedule

Effective May 2025

| Age Group/Belt                          | Monday         | Tuesday        | Wednesday      | Thursday       | Friday         | Saturday              |
|-----------------------------------------|----------------|----------------|----------------|----------------|----------------|-----------------------|
| Tiny Tigers (3-4) White, Yellow, Orange | 4:00 - 4:30 pm |                | 4:00 - 4:30 pm | 4:00 - 4:30 pm |                | 9:10 - 9:40 am        |
| Tiny Tigers (3-4) Orange - Green        |                | 5:10 - 5:40 pm |                | 4:00 - 4:30 pm | 4:00 - 4:30 pm | 9:50 - 10:20 am       |
| Tigers (5-7) White                      |                | 5:00 - 5:40 pm |                | 4:30 - 5:10 pm | 4:15 - 4:55 pm | 9:40 - 10:20 am       |
| Tigers (5-7) ½ Yellow                   | 4:30 - 5:10 pm | 5:00 - 5:40 pm | 5:20 - 6:00 pm |                |                | 9:40 - 10:20 am       |
| Tigers (5-7) Yellow                     | 4:30 - 5:10 pm | 5:50 - 6:30 pm |                |                | 5:50 - 6:30 pm | 10:30 - 11:10 am      |
| Tigers (5-7) ½ Orange                   | 4:30 - 5:10 pm | 5:50 - 6:30 pm |                | Elite Training | 5:50 - 6:30 pm | 10:30 - 11:10 am      |
| Tigers (5-7) Orange                     | 5:20 - 6:00 pm |                | 4:30 - 5:10 pm | Elite Training | 5:50 - 6:30 pm | 10:30 - 11:10 am      |
| Tigers (5-7) ½ Purple                   | 5:20 - 6:00 pm | 5:50 - 6:30 pm | 4:30 - 5:10 pm | Elite Training |                | 10:30 - 11:10 am      |
| Tigers (5-7) Purple - ½ Blue            |                | 4:00 - 4:40 pm | 6:05 - 6:45 pm | Elite Training | 5:05 - 5:45 pm | 12:10 - 12:50 pm      |
| Dragons (8-12) White                    | 4:00 - 4:40 pm |                | 5:00 - 5:40 pm | Elite Training | 6:20 - 7:00 pm | 11:20 am - 12:00 noon |
| Dragons (8-12) Yellow - ½ Orange        | 6:50 - 7:30 pm | 4:00 - 4:40 pm |                | Elite Training | 6:20 - 7:00 pm | 11:20 am - 12:00 noon |
| Dragons (8-12) Orange                   | 6:50 - 7:30 pm | 4:00 - 4:40 pm | 5:20 - 6:00 pm | Elite Training |                | 12:10- 12:50 pm       |
| Dragons (8-12) Purple                   |                | 6:40 - 7:20 pm | 6:05 - 6:45 pm | Elite Training | 5:05 - 5:45 pm | 12:10- 12:50 pm       |
| Dragons (8 & Younger) Blue - ½ Green    | 6:05 - 6:45 pm | 6:40 - 7:20 pm |                | Elite Training | 7:05 - 7:45 pm | 12:10- 12:50 pm       |
| Dragons (9 & Older) Blue                | 6:05 - 6:45 pm | 6:40 - 7:20 pm |                | Elite Training | 7:05 - 7:45 pm | 12:55 - 1:35 pm       |
| Dragons (8-12) Green                    |                | 7:25 - 8:05 pm | 6:50 - 7:30 pm | Elite Training | 7:05 - 7:45 pm | 12:55 - 1:35 pm       |
| ½ Brown Belts - Yellow - Orange         | 4:00 - 4:40 pm |                | 7:00 - 7:40 pm | 4:30 - 5:10 pm | 6:20 - 7:00 pm | 11:20 am - 12:00 noon |
| ½ Brown Belts - Purple, Blue, Green     | 6:05 - 6:45 pm |                | 6:50 - 7:30 pm | 4:30 - 5:10 pm | 5:05 - 5:45 pm | 12:55 - 1:35 pm       |
| Brown Belts                             | 7:20 - 8:00 pm | 7:25 - 8:05 pm | 7:30 - 8:10 pm | Elite Training |                | 12:55 - 1:35 pm       |
| ½ Black Belts                           | 7:20 - 8:00 pm |                | 7:30 - 8:10 pm |                |                | 12:55 - 1:35 pm       |
| ½ Black Belts Review                    | 6:05 - 6:45 pm |                | 6:50 - 7:30 pm | 4:30 - 5:10 pm | 5:05 - 5:45 pm |                       |
| Black Belts                             | 7:50 - 8:30 pm | 8:15 - 9:00 pm |                | 7:35 - 8:15 pm |                | 12:55 - 1:35 pm       |
| Adults                                  | 8:15 - 9:00 pm | 8:15 - 9:00 pm |                | 7:35 - 8:15 pm |                |                       |
| Elite Program                           |                |                |                | 5:15 - 7:15 pm |                |                       |
| Tricking & Flips                        |                |                |                | 5:15 - 6:15 pm |                |                       |
| Grappling & Judo Throws                 |                |                |                | 5:15 - 6:15 pm |                |                       |
| Weapons                                 |                |                |                | 6:15 - 7:15 pm |                |                       |
| Sparring & MMA                          |                |                |                | 6:15 - 7:15 pm |                |                       |

Call or Text (631) 994-9475 • 439 Hawkins Ave, Ronkonkoma, NY 11779 • [bustosmartialartsofronkonkoma.com](http://bustosmartialartsofronkonkoma.com)