



Class Schedule

Weekends

SATURDAY	SUNDAY
ADULT MARTIAL ARTS (OPEN) 8:30 - 9:30	LEADERSHIP TEAM 9:00 - 10:00
KIDS MARTIAL ARTS (OPEN) 9:30 - 10:15	
KICKBOXING INTRO 10:30 - 11:00	ADULT MMA (OPEN) 10:00 - 11:00
KICKBOXING (OPEN) 11:00 - 12:00	

Weekday Evenings

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
KIDS INTRO CLASS 5:00 - 5:30				NO CLASSES
BEGINNER KIDS 5:45 - 6:30		BEGINNER KIDS 5:45 - 6:30	ADULT INTRO CLASS 5:45 - 6:15	
INTERMEDIATE KIDS 6:30 - 7:15	BEGINNER ADULTS 6:30 - 7:15	INTERMEDIATE KIDS 6:30 - 7:15	BEGINNER ADULTS 6:30 - 7:15	
ADVANCED KIDS 7:15 - 8:00	INTERMEDIATE ADULTS 7:15 - 8:00	ADVANCED KIDS 7:15 - 8:00	INTERMEDIATE ADULTS 7:15 - 8:00	
KICKBOXING 8:15 - 9:00	ADVANCED ADULTS 8:00 - 8:45	KICKBOXING 8:15 - 9:00	ADVANCED ADULTS 8:00 - 8:45	