



CLASS SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
White Belt	4:45 - 5:25 pm	6:30 - 7:10 pm	4:45 - 5:25 pm	6:30 - 7:10 pm		
Basic	4:45 - 5:25 pm	6:30 - 7:10 pm	4:45 - 5:25 pm	6:30 - 7:10 pm		
Black Belt Training	7:15 - 8:00 pm	5:45 - 6:25 pm	7:15 - 8:00 pm	5:45 - 6:25 pm		
Premier	6:30 - 7:10 pm	7:15 - 8:15 pm	6:30 - 7:10 pm	7:15 - 8:15 pm		
Sparring	6:30 - 7:30 pm				6:00 - 7:00 am	
Philippino Stick Arts		10:30 - 11:30 am	7:00 - 8:00 pm			9:00 - 10:30 am
Sword <i>(Black Belts Only)</i>					4:00 - 6:00 pm	9:30 - 11:00 am
Leadership	5:30 - 6:25 pm	4:45 - 5:40 pm	5:30 - 6:25 pm	4:45 - 5:40 pm		
Instructor Training/Life Skills						11:15 - 12:15pm
Demo Team					5:30 - 6:30 pm	
Little Champions Leadership					4:45 - 5:30 pm	
Little Champions	3:20 - 4:00 pm 4:45 - 5:25 pm	5:45 - 6:25 pm	3:20 - 4:00 pm 4:45 - 5:25 pm	5:45 - 6:25 pm		10:00 - 10:40 am
All Programs	6:00 - 7:00 am	12:00 - 1:00 pm	6:00 - 7:00 am	12:00 - 1:00 pm		
Make Up Class						10:00 - 11:15 am
After School Martial Arts	4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm	4:00 - 4:40 pm	
Krav Maga		7:15 - 8:15 pm		7:15 - 8:15 pm		
Mixed Martial Arts	7:15 - 8:15pm					
Fitness Kickboxing	5:30 - 6:30 am 7:15 - 8:15 pm	9:00 - 10:00 am	5:30 - 6:30 am 7:15 - 8:15 pm	9:00 - 10:00 am	5:30 - 6:30 am	9:00 - 10:00 am

Call for next start dates and class times for the Ladies Rape Aggression Defense Course and the Fitness Boot Camp.