

MONDAY**TUESDAY****WEDNESDAY****THURSDAY****FRIDAY****SATURDAY**

KICKBOXING
12:30-1:30
(ALL LEVELS)

ADULT KARATE
12:00-1:00

KICKBOXING
12:30-1:30
(ALL LEVELS)

ADULT KARATE*
12:00-1:00

MODERN ARNIS
10:00-11:00
(STICK FIGHTING)

PRIVATE
CLASSES
2:00-3:00

PRIVATE
CLASSES
2:00-3:00

KARATE
MAKE-UP CLASS
11:00-12:00

PRIVATE
CLASSES
3:00-4:00

PRIVATE
CLASSES
3:00-4:00

TESTING
12:00-2:00
(WHEN SCHEDULED)

JUNIOR NINJAS
4-6 YEAR OLDS
4:15-5:00

PRIVATE
CLASSES
4:00-4:30

JUNIOR NINJAS
4-6 YEAR OLDS
4:15-5:00

PRIVATE
CLASSES
4:00-4:30

ADVANCED
KIDS KARATE
5:00-6:00

KIDS KARATE
7 YEAR OLDS & UP
4:45-5:45

ADVANCED
KIDS KARATE
5:00-6:00

KIDS KARATE
7 YEAR OLDS & UP
4:45-5:45

PURPLE & BLUE
BELT KARATE
6:00-7:00

WHITE-YELLOW &
ORANGE BELT KARATE
6:00-7:00

PURPLE & BLUE
BELT KARATE*
6:00-7:00

WHITE-YELLOW &
ORANGE BELT KARATE
6:00-7:00

GREEN & BLACK
BELT KARATE
7:00-8:00

ADVANCED
KICKBOXING
7:00-8:00

GREEN & BLACK
BELT KARATE
7:00-8:00

ADVANCED
KICKBOXING
7:00-8:00

BEGINNER
KICKBOXING
8:00-9:00

BLACK BELT
KARATE
8:00-9:00

BEGINNER
KICKBOXING
8:00-9:00

**Sparring will be on
the 2nd & 4th
Wednesday
from 6-7 p.m.*

*And on the 1st
& 3rd Thursday
from 12-1 p.m.*