



| CLASS   |                                    | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |  |
|---|------------------------------------|---|---|--|---|---|--|--|
| <b>Kenpo Karate Jiu-Jitsu</b>   | <b>Adults / Juniors / Children</b> |   | 11:30 – 12:30 pm.<br>Adult / Junior                                 |  | 11:30 – 12:30 pm.<br>Adult / Junior                         | 4:30 – 5:00 pm<br><b>Forms</b><br>White Belts Only              | 10:00 – 10:45 am<br><b>Requirements</b><br>White – Orange Belts  |  |
|   |                                    |   | 5:00 – 5:45 pm<br><b>Weapons</b><br>Blue – Brown Belts              | 5:00 – 5:45 pm<br><b>Requirements</b><br>Juniors<br>Blue - Black Belts |   | 5:00 – 5:30 pm<br><b>Weapons</b><br>Orange – Purple Belts       | 10:45 – 11:30 am<br><b>Requirements</b><br>Purple – Blue Belts   |  |
|   |                                    |   |   |  |   | 5:00 – 6:00 pm<br><b>Children Grapping</b><br>( 7-12 yrs)       |  |  |
|   |                                    | 5:00 – 5:45 pm<br>White – Green Belts<br><b>Children ( 7-12 yrs )</b> | 5:45 – 6:30 pm<br>White – Red Belts<br><b>Children ( 7-12 yrs )</b> |  | 5:30 – 6:30 pm<br><b>Children Grapping</b><br>( 7-12 yrs)   | 5:30 – 6:00 pm<br>White – Gold Belts<br>Orange – Purple Belts   | 11:30 – 12:00 pm<br><b>Requirements</b><br>Green – Red Belts   |  |
|   |                                    | 6:30 – 7:30 pm<br>Adult/Junior  | 6:30 – 7:30 pm<br><b>Family Class</b><br>Children & Parents         | 6:30 – 7:30 pm<br>Adult/Junior   | 6:30 – 7:30 pm<br><b>Family Class</b><br>Children & Parents | 6:00 – 7:00 PM<br><b>Sparring</b><br>Sparring Gear<br>Mandatory | 10:30 – 12:00 pm<br><b>Children – Adult</b><br>Gold – Black Belts  |  |
|   |                                    | 7:30 – 8:00 pm<br><b>Requirements</b><br>Brown Belts                  |   | 7:30 – 8:00 pm<br><b>Requirements</b><br>Black Belts                   |   | 7:00 – 7:30 pm<br><b>Requirements</b><br>White – Green Belts    | 12:00 – 01:00 pm<br><b>Sparring</b><br>Sparring Gear<br>Mandatory  |  |
|   |                                    | <b>Mighty Mites ( 4 – 6 yrs )</b>                                     |   |  |   |   |  |  |
|   |                                    | 5:45 – 6:30pm   |   | 5:45 – 6:30 pm   |   | 6:00 – 7:00 PM<br><b>Sparring</b><br>Sparring Gear<br>Mandatory | 12:00 – 12:30 pm<br><b>Requirements</b><br>White – Gold Stripe<br>Belts<br><br>12:30 – 1:00 pm<br><b>Requirements</b><br>Gold Belt on Up |  |
|   | CLASS                              | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY   |  |
|   | <b>Muay Thai</b><br>Kickboxing     |   | 10:00 – 11:30 am<br>And MMA Training                                |  | 10:00 – 11:30 am<br>And MMA Training                        |   | 10:30 – 11:45 am   |  |
|   |                                    | 5:30 – 6:30 pm<br><b>Children ( 6-12 yrs )</b>                        |   | 5:30 – 6:30 pm<br><b>Children (6-12 yrs)</b>                           |   |   |  |  |
|   |                                    | 6:30 – 8:00 pm<br>Adult/Junior  | 7:30 – 9:00 pm<br>Adult/Junior                                      | 6:30 – 8:00 pm<br>Adult/Junior   | 7:30 – 8:30 pm<br>Adult/Junior                              |   |  |  |
| <b>Boxing</b>   |                                    | 5:30 – 6:30 pm  |   | 5:30 – 6:30 pm   |   |   |  |  |
| <b>Brazilian Jiu-Jitsu</b>  |                                    | 6:30 – 8:00 pm<br>Brazilian Jiu-Jitsu                                 |   | 6:30 – 8:00 pm<br>Brazilian Jiu-Jitsu                                  | 6:00 - 7:30 pm<br>Submission Grappling<br>No Gi             |   |  |  |
| <b>MMA Training*</b>  | 8:00 – 9:00 pm<br>MMA              |   |   |  |   | 5:30 – 6:45 pm<br>MMA   |  |  |
| *Mixed Martial Arts ( MMA ) Students MUST attend all Muay Thai, Boxing and Brazilian Jiu-Jitsu classes. |                                    |   |   |  |   |   |  |  |
| CLASS   | MONDAY                             | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY  |  |  |
| <b>Filipino Kali Eskrima</b>  |                                    | 6:30 – 8:00 pm  |   | 6:30 – 8:00 pm   |   |   |  |  |
| <b>Tai Chi Chuan</b><br>Ancient Yang Style  |                                    |   | 11:30 – 12:30 pm  |  |   | 9:00 – 10:00 am   |  |  |
|   |                                    | 7:30 – 8:30 pm  |   | 7:30 – 8:30 pm   | 7:30 – 8:30 pm  | 10:00 – 10:30 am<br>Tai Chi Weapons                             |  |  |
| <b>Aikijutsu/Aikido</b><br>& Integrated<br>Self-Defense   | 7:30 – 9:00 pm                     |   | 7:30 – 9:00 pm  |  |   | 12:30 – 2:00 pm   |  |  |
| <b>Kung Fu</b><br>Tien Shan Pai   | 7:35 – 9:00 pm                     |   | 7:35 – 9:00 pm  |  | 6:00 – 7:00 PM<br><b>Sparring</b>                           | 10:30 - 11:30 am  |  |  |
|   |                                    |   |   |  |   | 11:30 – 12:00 pm<br><b>Sparring</b>                             |  |  |