



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Kenpo Karate					4:30 – 5:00 pm Requirements Red – Black Belts SuperKidz – Adult	9:00 – 9:45 am Requirements / ITL Red - Black Belts SuperKidz – Adult
					5:00 – 5:30 pm Weapons Purple – Black Belts SuperKidz – Adult	9:45 – 10:15 am Requirements Purple - Green Belts SuperKidz – Adult
	5:00 – 5:45 pm Advanced SuperKidz Requirements Green – Black Belts		5:00 – 5:45 pm Advanced SuperKidz Group Class Green – Black Belts		5:30 – 6:00 pm Forms White - Black Belts SuperKidz - Adult	10:15 – 10:45 am Requirements Mighty Mites
		5:30 – 6:15 pm SuperKidz White - Green Belts		5:30 – 6:15 pm SuperKidz White - Green Belts	6:00 – 6:45 pm KravMaga/SD Separated Classes For SuperKidz & Jr.- Adult	10:45 – 11:30 am Requirements White – Brown Belts SuperKidz – Adult
	6:30 – 7:45 pm KravMaga/SD White - Black Belts Junior - Adult	6:15 – 6:30 pm SuperKidz White - Orange Belts Requirements Sign-Off	6:30 – 7:45 pm White - Black Belts Junior - Adult	6:15 – 6:30 pm SuperKidz Purple - Blue Belts Requirements Sign-Off	6:45 – 7:15 pm Requirements White - Green Belts SuperKidz - Adult	
	7:45 – 8:15 pm Requirements White - Black Belts Junior - Adult		7:45 – 8:15 pm Requirements Purple - Black Belts Junior - Adult		7:15 – 8:00 pm Sparring White – Black Belts SuperKidz - Adult	
	Mighty Mites	5:45 – 6:30 pm		5:45 – 6:30 pm Requirements		7:15 – 8:00 pm Sparring

"Karate Competition Team workout is on Friday Classes Weapons Class, Forms Class and Sparring Class"

Age Groups: **Mighty Mites: 4 - 6 Yrs Old** **SuperKidz: 7 - 12 Yrs Old** **Advanced SuperKidz** **Junior: 13 - 17 Yrs Old** **Adult: 18+ Yrs Old**

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Muay Thai / Boxing Mornings		11:00 – 12:00 pm Beginners & Advance Requirements		11:00 – 12:00 pm Beginners & Advance			
Muay Thai / Boxing Evenings	7:00 – 8:15 pm Beginners Only Requirements	8:00 – 9:30 pm Muay Thai / MMA Intermediate Advance	7:00 – 8:15 pm Beginners Only	8:00 – 9:30 pm Muay Thai / MMA Intermediate Advance	7:00 – 08:15 pm Beginners - Advanced	12:15 – 1:30 pm Muay Thai / MMA Beginners - Advance	
Kids Muay Thai			6:00 – 7:00 pm			11:00 – 12:00 pm Kids MMA (Muay Thai & BJJ)	
Kids Brazilian Jiu-Jitsu		6:15 – 7:15 pm		6:15 – 7:15 pm			
Adult Brazilian Jiu-Jitsu		6:30 – 8:15 pm		6:30 – 8:15 pm		12:00 – 1:15 pm	12:00 – 1:30 pm Open Workout
Filipino Kali / JKD		7:15 – 8:30 pm		7:15 – 8:30 pm		11:00 – 12:15	
Tai Chi / Qi Gong	6:30 – 7:30 pm		6:30 – 7:30 pm		6:00 – 7:00 pm Open Tai Chi	9:00 – 10:00 am 10:00 – 10:30 am Advance Only	
Kung Fu Tien Shan Pai	5:45 – 6:30 pm Kids Kung Fu 7:35 – 9:00 pm		5:45 – 6:30 pm Kids Kung Fu 7:35 – 9:00 pm			10:30 – 12:00 pm 11:45 – 12:30 pm Kids Kung Fu	
Aikijutsu	9:00 – 10:00 pm		9:00 – 10:00 pm				
Krav Maga	6:30 – 7:45 pm Self Defense Junior - Adults				6:00 – 6:45 pm Self-Defense Junior - Adults		