

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1:30pm-3:30pm Grappling (TEAM)	5:45pm-6:30pm Family Karate	5:45pm-6:30pm Family Karate		5:45pm-6:30pm Family Karate		
	6:30pm-7:30pm Junior Kids Karate	6:30pm-7:30pm Junior Kids Karate	6:30pm-8:00pm Grappling (TEAM)	6:30pm-7:30pm Junior Kids Karate	6:30pm-7:30pm OPEN Kids Karate	2:30pm-3:30pm Family Karate
	7:30-8:30pm Adv. Preteen Karate	7:30-8:30pm Adv. Preteen Karate	7:30pm-8:30pm Group Muay Thai/ Fitness Kickboxing	7:30-8:30pm Adv. Preteen Karate	7:30-8:30pm Group Muay Thai	3:30pm-5:30pm Grappling (TEAM)
	7:30pm-8:30pm OPEN Muay Thai/Fitness Kickboxing	7:30pm-8:30pm Fitness Kickboxing	8:30pm-9:30pm Youth/Adult Karate	7:30pm-8:30pm OPEN Muay Thai		
	8:30pm-9:30pm Youth/Adult Karate	8:30pm-9:30pm Group Muay Thai		8:30pm-9:30pm Youth/Adult Karate	8:30pm-9:30pm Youth/Adult Karate	