



CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FLOOR 1: KIDS (WHITE & YELLOW) 6PM - 7PM	KIDS (ORANGE +) 6PM - 7PM	ALL KIDS 6PM - 7PM	WOMENS ONLY SELF DEFENCE (STARTING APRIL) TBA 6PM - 7PM	ALL KIDS 6PM - 7PM	ALL KIDS 9AM - 10AM
FLOOR 2: KIDS (ORANGE +) 6PM - 7PM	ADULTS / TEENS (YELLOW +) 7PM - 8PM	ALL ADULTS / TEENS 7PM - 8PM FUNDAMENTALS	RAW COMBATIVES & SILAT 7PM - 9PM (\$20 PER CLASS)	ALL ADULTS / TEENS 7PM - 8:30PM	ALL ADULTS / TEENS 10AM - 11AM
FLOOR 1: ADULTS / TEENS (WHITE & YELLOW) 7PM - 8PM	ADULTS / TEENS (ORANGE +) 8PM - 9PM	ADULTS / TEENS (ORANGE +) 8PM - 9PM			
FLOOR 2: ADULTS / TEENS (ORANGE +) 7PM - 8PM					
ADULTS / TEENS (ORANGE + WEAPONS/CONTACT) 8PM - 9PM					

Free trial classes are on Mondays (6pm for Kids & 7pm for Adults)