

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Kids ●●● 4:15-4:55 p.m.</p> <p>Kids ●●● 4:55-5:35 p.m.</p> <p>Kids ○●● 5:35-6:15 p.m.</p> <p>Tiny Tigers 6:15-6:45 p.m.</p> <p>Little Dragons** 6:15-6:45 p.m.</p> <p>Kickboxing 6:45-7:30 p.m.</p> <p>Adults*** 7:30-8:30 p.m.</p>	<p>Tiny Tigers* 4:15-4:45 p.m.</p> <p>Little Dragons** 4:45-5:15 p.m.</p> <p>Kids ○●● 5:15-5:55 p.m.</p> <p>Kids ●●● 5:55-6:35 p.m.</p> <p>Kids ●●● 6:35-7:15 p.m.</p> <p>Adults*** 7:15-8:15 p.m.</p> <p>Kickboxing 8:15-9:00</p> <p>Muay-Thai 8:15-9:00 p.m.</p>	<p>Kids Sparring ●●● 4:15-4:55 p.m.</p> <p>Kids Sparring ●●● 4:55-5:35 p.m.</p> <p>Kids ○●● 5:35-6:15 p.m.</p> <p>Little Dragons** 6:15-6:45 p.m.</p> <p>Kickboxing 6:45-7:30 p.m.</p> <p>Adults 7:30-8:30 p.m.</p>	<p>Tiny Tigers* 4:15-4:45 p.m.</p> <p>Little Dragons** 4:45-5:15 p.m.</p> <p>Kids ○●● 5:15-5:55 p.m.</p> <p>Kids ●●● 5:55-6:35 p.m.</p> <p>Kids ●●● 6:35-7:15 p.m.</p> <p>Adults*** Sparring 7:15-8:15 p.m.</p> <p>Kickboxing 8:15-9:00</p> <p>Muay-Thai 8:15-9:00</p>	<p>Open Mat (by appointment only) 3:00-4:00 p.m.</p> <p>Black Belt Demo Team 4:00-4:45 p.m.</p> <p>BB/Master Club 4:45-5:30 p.m.</p> <p>Tiger/Dragons Demo 5:30-6:00 p.m.</p> <p>Black Belts 5:30-6:15 p.m.</p> <p>Kickboxing/ MuayThai 6:15-7:00 p.m.</p>	<p>Kickboxing 9:00-9:40 a.m.</p> <p>Tiny Tigers* 9:45-10:15 a.m.</p> <p>Little Dragons** 9:45-10:15 a.m.</p> <p>Kids ○●● 10:15-11:00 a.m.</p> <p>Kids Sparring ●●●●● 11:00-11:45 a.m.</p> <p>Adults*** 11:45a.m.-12:45 p.m.</p> <p>Color Belt Demo Team 12:45-1:30 p.m.</p>
					SUNDAY
					<p>ABS/BOXING 9:30 am-11:00am</p>

\* Tiny Tigers – ages 3 & 4

\*\* Little Dragons – ages 5 & 6

\*\*\* Adults – open to senior and degreed black belts as well as adult students

Instructors available for private lessons or extra help