



Program/Class Schedule

Monday & Wednesday		
Class	Age	Time
Intro to Early/Basic Skills <i>(Optional)</i>	3-6	3:30-4:00 PM
Youth Program	7-14	4:10-5:00 PM
Early & Basic Skills	3-6	5:05-5:35 PM
Youth Program	7-14	5:40-6:30 PM
Adult Kickboxing	15+	6:30-7:30 PM
Krav Maga WSD	15+	7:30-8:30 PM
JKD Filipino MA	15+	7:30-8:30 PM

Tuesday & Thursday		
Class	Age	Time
Intro to Early/Basic Skills <i>(Optional)</i>	3-6	3:30-4:00 PM
Early & Basic Skills	3-6	4:00-4:30 PM
Youth Program	7-14	4:40-5:30 PM
Youth Program	7-14	5:40-6:30 PM
Youth Black Belt		
Youth Jiu-Jitsu	5-14	6:30-7:30 PM
Adult Jiu-Jitsu	15+	6:30-8:30 PM
JKD Filipino MA	15+	7:30-8:30 PM
		8:30-9:30 PM

Friday		
Class	Age	Time
Basic Skills	5-6	4:30-5:00 PM
Youth Program	7-14	5:05-5:55 PM
Adult Kickboxing	15+	6:00-7:00 PM
JKD Filipino MA	15+	7:00-8:00 PM

Saturday		
Class	Age	Time
Basic Skills	5-6	9:00-9:35 AM
JKD Filipino MA	15+	9:30-10:30 AM
Krav Maga WSD	15+	10:30-11:30 AM
Youth Program	7-14	9:40-10:30 AM
Youth Jiu-Jitsu	5-14	11:30 AM- 12:30 PM
Adult Jiu-Jitsu	15+	

Sunday		
Class	Age	Time
Adult Kickboxing	15+	9:00-10:00 AM
Adult Open Mat	15+	10:00-11:00 AM