



CLASS		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
Kenpo Karate	Adults / Juniors / Children						9:00 – 9:30 am Requirements Brown - Black Belts SuperKidz - Adults	
							09:30 – 10:00 am Requirements Purple – Red Belts SuperKidz - Adults	
							5:30 – 6:00 pm Weapons Purple – Black Belts SuperKidz - Adults	10:00 – 10:30 am Requirements Mighty Mites Only
		5:00 – 5:45 pm SuperKidz Class	5:00 – 5:30 pm Requirements Green - Red Belts Junior - Adults	5:00 – 5:45 pm Requirements Brown – Black Belts Junior - Adults		6:00 – 6:30 pm Forms White – Black Belts SuperKidz - Adults	10:30 – 11:00 am Requirements White – Orange Belts SuperKidz - Adults	
		6:30 – 7:30 pm Self Defense Junior - Adults	5:30 – 6:30 pm SuperKidz Class	6:30 – 7:30 pm White – Black Belts Junior - Adults	5:30 – 6:30 pm SuperKidz Kids JiuJitsu	6:30 – 7:00 pm Requirements White – Green Belts SuperKidz - Adults	11:00 – 12:00 pm Group Kenpo Class SuperKidz - Adults	
	7:30 – 8:00 pm Requirements Red – Black Belts Junior - Adults				7:00 – 7:30 pm Sparring Gear Mandatory Mighty Mites - Adults	12:00 – 1:00 pm Sparring Adults Only		
Mighty Mites	Mighty Mites							
	5:45 – 6:30pm		5:45 – 6:30 pm			7:00 – 7:30 pm Sparring Gear Mandatory	10:00 – 10:30 am Requirements	

After School Program	4:00 – 5:00 pm	4:30 – 5:30 pm	4:30 – 5:30 pm	4:30 – 5:30 pm	4:30 – 5:30 pm	Pick Up Daily Between 5:45 and 6 pm.
-----------------------------	----------------	----------------	----------------	----------------	----------------	--

Age Groups:

Mighty Mites: 4 - 6 Years Old

SuperKidz: 7 - 12 Years Old

Junior: 13 - 17 Years Old

Adult: 18+ Years Old

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Muay Thai		10:30 – 11:30 am		10:30 – 11:30 am		10:30 – 11:30 am Kids Muay Thai
	7:30 – 8:30 pm Boxing / Muay Thai	7:30 – 9:00 pm	5:45 – 6:45 pm Kids Muay Thai	7:30 – 9:00 pm		11:30 – 1:00 pm
Brazilian Jiu-Jitsu		6:30 – 8:30 pm		6:30 – 8:30 pm		9:30 – 11:00 am
ISD Integrated Self Defense Krav Maga	6:30 – 8:00 pm					
Kali / JKD		6:30 – 8:00 pm		6:30 – 8:00 pm		
Tai Chi / Qi Gong	6:30 – 7:30 pm		6:30 – 7:30 pm		7:30 – 8:30 pm Open Tai Chi	9:00 – 10:00 am Open Hand Forms
						10:00 – 10:30 am Weapons
Aikijutsu	7:30 – 9:00 pm		7:30 – 9:00 pm			12:30 – 2:00 pm
Kung Fu Tien Shan Pai	7:35 – 9:00 pm		5:45 – 6:30 pm Kids Kung Fu			10:30 – 12:00 pm
			7:35 – 9:00 pm			11:45 – 12:30 pm Kids Kung Fu