

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
			11am-12pm Dutch Kickboxing	7am -8am. Adult Karate Dojo/Zoom	10am-10:45 Tots Class 4 years old	10am-10:45 Kata Class
	12pm -1pm. Adult Karate		12pm -1pm. Adult Karate		11am - 11:45am Kids Karate White Belt	11am-12pm Sparring Techniques
4:15pm - 5pm Kids Karate White & Blue	4:15pm - 5pm Kids Karate Blue & Yellow.	4:15pm - 5pm Kids Karate White & Blue	4:15pm - 5pm Kids Karate Blue & Yellow.		12pm - 12:45 pm Kids Karate Blue & Yellow	
5:15pm-6pm Kids Karate. Yellow-Orange- Green.	5:15pm - 6pm Kids Karate. Orange Green&Brown.	5:15pm-6pm Kids Karate. Yellow-Orange- Green.	5:15pm - 6pm Kids Karate. Orange Green&Brown.		1pm - 1:45 pm Kids Karate Orange & Green.	
6:15pm-7pm Kids Karate High Green- Brown	6:15pm - 7pm Kids Karate. White Belt	6:15pm-7pm Kids Karate High Green- Brown	6:15pm - 7pm Kids Karate. White Belt		2pm - 2:45pm Kids Karate Brown Belt	5pm-6:30pm Dutch Kickboxing
7:15pm - 8:15pm. Adult Karate	7:15pm-8pm Youth Dutch Kickboxing	7:15pm - 8:15pm. Adult Karate	7:15pm - 8:15pm Advanced Karate Kids & Adults Brown&Up		3pm - 4pm Adult Karate	
	8:15pm-9:30pm Dutch Kickboxing	8:15-9:15 Japanese Jiu- Jitsu	8:15pm-9:30pm Muay Thai		4:30pm-5:30 Yoga	

