

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