

Adult Only Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	10:00 AM - 11:00 AM Dojo B			10:00 AM - 11:00 AM Dojo B	

Adult / Family All Ages

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:15 PM - 8:00 PM Dojo B	6:30 PM - 7:15 PM Dojo B	7:15 PM - 8:00 PM Dojo B	6:30 PM - 7:15 PM Dojo B		9:00 AM - 9:45 AM Dojo A

Sparring All Ages

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00 PM - 5:45 PM Dojo A		5:00 PM - 5:45 PM Dojo A		4:30 PM - 5:15 PM Dojo B	10:45 AM - 11:30 AM Dojo A

Mixed Martial Arts Ages 7+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 PM - 6:30 PM Dojo A	9:15 AM - 10:00 AM Dojo B	5:45 PM - 6:30 PM Dojo A		5:45 PM - 6:30 PM Dojo A	

Kempo Kickboxing Ages 18+

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15 AM - 10:00 AM Dojo A	9:15 AM - 10:00 AM Dojo A	9:15 AM - 10:00 AM Dojo A	9:15 AM - 10:00 AM Dojo A		
7:15 PM - 8:00 PM Dojo A		7:15 PM - 8:00 PM Dojo A			

Semi-Private All Ages (Appointment ONLY)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3:30 PM - 4:00 PM Dojo A	4:15 PM - 4:45 PM Dojo A	3:30 PM - 4:00 PM Dojo A	4:15 PM - 4:45 PM Dojo A		10:15 AM - 10:45 AM Dojo A
4:00 PM - 4:30 PM Dojo B	4:45 PM - 5:15 PM Dojo B	4:00 PM - 4:30 PM Dojo B	4:45 PM - 5:15 PM Dojo A	4:00 PM - 4:30 PM Dojo B	10:45 AM - 11:15 AM Dojo B
6:00 PM - 6:30 PM Dojo B	6:00 PM - 6:30 PM Dojo B	6:00 PM - 6:30 PM Dojo B	6:00 PM - 6:30 PM Dojo B		