

The Martial Arts & Fitness Center

# Weekly Class Schedule

KIDS (ages)	MON	TUES	WED	THURS	SAT
AFTER SCHOOL KARATE				3:00	
GRASSHOPPER KARATE (4-5)					11:00am
JUNIOR KARATE (6-8)	5:00	4:30	5:00	4:30	10:00am
LEVEL 2 KARATE (9+)	6:00	5:30	6:00	5:30	10:00am
PEACEFUL WARRIORS				6:15	
BLACK BELT CLUB		6:15			

ADULTS	MON	TUES	WED	THURS	SAT
KENPO KARATE		6:45		6:45	
WING CHUN KUNG FU	7:30		7:30		
MMA CONDITIONING & SPARRING					9:00am
TAI CHI		10:00am 7:30pm		10:00am 7:30pm	

**FRIDAYS:** Special events, training and private lessons.

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