



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9AM - 9:50 AM						BLACK BELT
10AM - 10:50AM				BLACK BELT		ALL KIDS NO GI
11AM - 12PM		ADULTS GI		ADULTS GI		ADULTS NO GI
12PM - 1PM		ADULTS MUAYTHAI		ADULTS MUAYTHAI		
3PM - 3:50PM		KIDS MUAYTHAI		KIDS MUAYTHAI		
4PM - 4:50PM	KIDS 1 GI	KIDS 1 GI	KIDS 1 NO GI	KIDS 1 GI	BLACK BELT	
5PM - 5:50PM	KIDS 2 GI	KIDS 2 GI	KIDS 2 NO GI	KIDS 2 GI	STRIKING	
6PM - 6:50PM	TEENS GI	TEENS GI	TEENS NO GI	TEENS GI	OPEN MATS	
7PM - 8PM	ADULTS GI	ADULTS GI	STRIKING	ADULTS GI		

KIDS 1 JJ	4 TO 6 YO	ALL LEVELS
KIDS 2 JJ	7 TO 9 YO	ALL LEVELS
TEENS JJ	10 TO 15 YO	ALL LEVELS
ADULTS JJ	16 YO & OVER	ALL LEVELS
STRIKING	10 YO & OVER	ALL LEVELS
KIDS MUAYTHAI	6 YO & OVER	ALL LEVELS
ADULTS MUAYTHAI	16 YO & OVER	ALL LEVELS
BLACK BELT JJ	ADVANCED KIDS	SPECIAL PROGRAM

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