

SCHEDULE OF CLASSES

Members are able to attend up to 3 days per week. Private sessions available by appointment. Proper gi and gear required for all classes. Sparring gear required for Wed – Sat classes. Sparring is by Instructor's discretion. Fight Team is by Master's invitation. Safety is our top priority during training. Serious training takes place, but the goal of training is for everyone to push each other so we can all improve. By working together, we can help each other improve. Schedule of classes subject to change without notice. Schedule effective: 08/13/18.

CLASS	MON	TUE	WED	THU	FRI	SAT
Lil' King Khongs ages 3-5	4:30PM - 5:00PM	4:30PM - 5:00PM	4:30PM - 5:00PM	5:15PM - 5:45PM		8:30AM - 9:00AM
Taekwondo White to Green	5:15PM - 6:00PM	6:00PM - 6:45PM	5:15PM - 6:00PM	6:00PM - 6:45PM		
Taekwondo Purple to Black	6:00PM - 6:45PM	5:15PM - 6:00PM		6:45PM - 7:30PM		
Taekwondo All Levels	6:45PM - 7:30PM		6:45PM - 7:30PM		6:15PM - 7:00PM	9:45AM - 10:30AM
Kids Mixed Martial Arts		6:45PM - 7:30PM	6:00PM - 6:45PM		5:30PM - 6:15PM	9:00AM - 9:45AM
Muay Thai	7:30PM - 8:30PM		8:30PM - 9:30PM	8:30PM - 9:30PM		10:30AM - 11:30AM
Women Fit & Core			7:30PM - 8:30PM		7:00PM - 8:00PM	
Brazilian Jiu Jitsu	8:30PM - 10:00PM	7:30PM - 9:00PM		7:30PM - 8:30PM		
Fight Team		12:00PM - 2:00PM		12:00PM - 2:00PM		
Open Mat	1:00PM - 4:00PM	2:00PM - 4:00PM	1:00PM - 4:00PM	2:00PM - 4:00PM		

