

# 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 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: Apr 1, 2019.

MON	TUE	WED	THU	FRI	SAT
<b>Muay Thai</b> 12:00PM - 1:00PM	<b>Fight Team</b> 12:00PM - 2:00PM	<b>Open Mat</b> 1:00PM - 4:00PM	<b>Fight Team</b> 12:00PM - 2:00PM	<b>King Khong Fit</b> 6:00AM - 7:00AM	<b>Lil' King Khongs</b> 8:30AM - 9:00AM
<b>Open Mat</b> 1:00PM - 4:00PM	<b>Open Mat</b> 2:00PM - 4:00PM	<b>Lil' King Khongs</b> 4:30PM - 5:00PM	<b>Open Mat</b> 2:00PM - 4:00PM	<b>Open Mat</b> 1:00PM - 5:00PM	<b>Kids Mixed Martial Arts</b> 9:00AM - 9:45AM
<b>Lil' King Khongs</b> 4:30PM - 5:00PM	<b>Lil' King Khongs</b> 4:30PM - 5:00PM	<b>Taekwondo</b> (White to Green) 5:15PM - 6:00PM	<b>Lil' King Khongs</b> 5:15PM - 5:45PM	<b>Kids Mixed Martial Arts</b> 5:30PM - 6:15PM	<b>Taekwondo</b> (All Levels/ Teen / Adult) 9:45AM - 10:30AM
<b>Taekwondo</b> (White to Green) 5:15PM - 6:00PM	<b>Taekwondo</b> (Purple to Black) 5:15PM - 6:00PM	<b>Kids Mixed Martial Arts</b> 6:00PM - 6:45PM	<b>Taekwondo</b> (White to Green) 6:00PM - 6:45PM	<b>Taekwondo</b> (All Levels / Teen / Adult) 6:15PM - 7:10PM	<b>Muay Thai</b> 10:30AM - 11:30AM
<b>Kids Mixed Martial Arts</b> 6:00PM - 6:45PM	<b>Taekwondo</b> (White to Green) 6:00PM - 6:45PM	<b>Taekwondo</b> (All Levels / Teen / Adult) 6:45PM - 7:30PM	<b>Taekwondo</b> (Purple to Black) 6:45PM - 7:30PM	<b>Weapons</b> 7:15PM - 8:00PM	
<b>Taekwondo</b> (All Levels / Teen / Adult) 6:45PM - 7:30PM	<b>Kids Mixed Martial Arts</b> 6:45PM - 7:30PM	<b>Muay Thai</b> 7:30PM - 8:30PM	<b>Brazilian Jiu Jitsu</b> 7:30PM - 8:30PM		
<b>Muay Thai</b> 7:30PM - 8:30PM	<b>Brazilian Jiu Jitsu</b> 7:30PM - 8:30PM	<b>Fight Team</b> 8:30PM - 10:00PM	<b>Muay Thai</b> 8:30PM - 9:30PM		
<b>Brazilian Jiu Jitsu</b> 8:30PM - 10:00PM	<b>Muay Thai</b> 8:30PM - 9:30PM				



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