

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	<p>9:00A - 10:30A</p> <p><u>TEENS/leaders</u> 3:30P - 4:30P</p> <p>4:00P - 5:00P</p> <p><u>Kids 7-12: novice</u> 4:30P - 5:30P</p> <p><u>Kids 7-12: Mid ranks</u> 5:00P - 6:30P</p> <p><u>Kids 7-12: advanced</u> 5:00P - 7:00P</p> <p><u>Adults: beginners</u> 6:30P - 7:30P</p> <p><u>Adults: advanced</u> 7:30P - 9:00P</p>	<p>9:00A - 10:30A</p> <p><u>TEENS/leaders</u> 3:30P - 4:30P</p> <p><u>KINDER KICKERS</u> 4:00P - 4:45P</p> <p><u>Kids 7-12: novice</u> 4:45P - 5:45P</p> <p><u>Kids 7-12: Mid ranks</u> 5:00P - 6:30P</p> <p><u>Kids 7-12: advanced</u> 5:00P - 7:00P</p> <p><u>Adults: beginners</u> 6:30P - 7:30P</p> <p><u>Adults: advanced</u> 7:30P - 9:00P</p>	<p><u>Adults: AM workout</u> 9:00A - 10:30A</p> <p><u>TEENS/leaders</u> 3:30P - 4:30P</p> <p>4:00P - 5:00P</p> <p><u>Kids 7-12: novice</u> 4:30P - 5:30P</p> <p><u>Kids 7-12: Mid ranks</u> 5:00P - 6:30P</p> <p><u>Kids 7-12: advanced</u> 5:00P - 7:00P</p> <p><u>Adults: beginners</u> 6:30P - 7:30P</p> <p><u>Adults: advanced</u> 7:30P - 9:00P</p>	<p>9:00A - 10:30A</p> <p><u>TEENS/leaders</u> 3:30P - 4:30P</p> <p><u>KINDER KICKERS</u> 4:00P - 4:45P</p> <p><u>Kids 7-12: novice</u> 4:45P - 5:45P</p> <p><u>Kids 7-12: Mid ranks</u> 5:00P - 6:30P</p> <p><u>Kids 7-12: advanced</u> 5:00P - 7:00P</p> <p><u>Adults: beginners</u> 6:30P - 7:30P</p> <p><u>Adults: grappling</u> 7:30P - 9:00P</p>	<p><u>Adults: AM workout</u> 9:00A - 10:30A</p> <p>: there is NO 3:30 class on friday 3:30P - 4:30P</p> <p>4:00P - 5:00P</p> <p><u>Kids 7-12: novice - White and Orange</u> 4:30P - 5:30P</p> <p><u>Adults: And Kids All yellow and up Sparring/Boards</u> 5:00P - 7:00P</p> <p><u>Kids 7-12: Midranks/Advanced sparring and board breaking</u> 5:00P - 7:00P</p> <p><u>Adults: staff only</u> 7:05P - 9:00P</p>	<p><u>TEENS/leaders: Black Belts Day</u> 8:00A - 12:30P</p>