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Check us out on Facebook!

Schedule will change according to need.

	MON	TUES	WED	THURS	SAT <sub>am</sub> classes
<b>ADULT KICKBOXING</b>	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30 6:30 - 7:15	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30 6:30 - 7:15	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30 6:30 - 7:15	10:00 - 10:45
<b>KIDS KARATE</b>	4:15 - 5:00 *5:00 - 5:30 Sparring* 5:30 - 6:15	4:15 - 5:00 *5:00 - 5:30 Sparring* 5:30 - 6:15 6:15 - 7:00	4:15 - 5:00 5:00 - 5:45 *5:45 - 6:15 Kata, Weapons, or Sparring*	4:15 - 5:00 *5:00 - 5:30 Sparring* 5:30 - 6:15 6:15 - 7:00	10:00 - 10:45
<b>ADULT KARATE / Jr BB 5th &amp; up</b>	6:45 - 7:45 *Traditional Isshin Ryu, Kata, Weapons, and Sparring	7:00 - 8:00 8:00 - 8:30* *Traditional Isshin Ryu, Kata & Weapons, and Sparring		7:00 - 8:00 8:00 - 8:30* *Traditional Isshin Ryu, Kata & Weapons, and Sparring	10:00 - 10:45