

Inner Warrior Martial Arts Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11am-11:30am						Lil' Warriors Ages 3-4
11:30am-12:30pm						Kids/Teens/Adults All Belts
12:30pm-2:30pm						Competition Sparring Team *Invite Only*
1pm-2pm NEW TIME		Sparring Class (Partners)		Sparring Class (Partners)		
3-6pm	After School Program	After School Program	After School Program	After School Program	After School Program	
4:45pm-5:15pm NEW TIME		Lil' Warriors Ages 3-4		Lil' Warriors Ages 3-4		
5pm-6pm	Kids White – Green Stripe Belt		All Ages Kids & Adults Green-Black belt		All Ages Kids & Adults Green-Black belt	
5:15pm-6:15pm NEW TIME		Kids White – Green Stripe Belt		Kids White – Green Stripe Belt		
6pm-7pm	Kids Green St and up/ Teens+Adults All Belts	Sparring Class (Partners)	Kids White – Green Stripe Belt	Extra Assistance 1 on 1s *15 min slots, please request*	Weapons Class *Invite Only*	
7pm-8pm		Kids Blue-Black/ Teen+Adult all Belts		Kids Blue-Black/ Teen+Adult all Belts		

