MAC MARTIAL ARTS CLUB

WEEKLY CLASS SCHEDULE

TAEKWONDO | MODERN ARNIS
KICKBOXING | HIIT

	SUN	MON	TUE	WED	THU	FRI	SAT
10:00 AM							Beginner TKD Class Ages 10+ 10:00 – 11:00 AM
11:00 AM							All Levels Modern Arnis 11:00 AM – 12:00 PM
12:00 PM							Private Training 12:00 – 1:00 PM
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM		Little Dragons Ages 4–6 6:00 – 6:30 PM	Beginner TKD Ages 5–11 6:00 – 7:00 PM	Little Dragons Ages 4–6 6:00 – 6:30 PM	Beginner TKD Ages 5–11 6:00 – 7:00 PM	All Levels Kickboxing 6:00 – 7:00 PM	
7:00 PM		All Levels Modern Arnis 6:30 – 7:30 PM	Intermediate & Advanced TKD 7:00 – 8:00 PM	All Levels Modern Arnis 6:30 – 7:30 PM	Intermediate & Advanced TKD 7:00 – 8:00 PM	Open Sparring 7:00 – 8:00 PM	
8:00 PM		Kickboxing Class (Beginner) 7:30 – 8:30 PM	HIIT Class 8:00 – 9:00 PM	Kickboxing Class (Beginner) 7:30 – 8:30 PM	HIIT Class 8:00 – 9:00 PM	HIIT Class 8:00 – 9:00 PM	
9:00 PM		HIIT Class Ages 14+ 8:30 – 9:00 PM		HIIT Class Ages 14+ 8:30 – 9:00 PM			