

TUESDAYS

4:00-5:00pm YOUTH SILKS 5:00-5:300pm OPEN TRAINING 6:30-7:30pm ADULT SILKS Level I & II 7:30-8:00pm OPEN TRAINING 7:30-8:15pm BASICS

THURSDAYS

4:00-5:00pm YOUTH SILKS 5:00-5:300pm OPEN TRAINING 6:30-7:30pm ADULT SILKS Level I & II 7:30-8:00pm OPEN TRAINING 8:00-9:00pm ADULT SILKS Level III

SUNDAYS

4:30-5:30pm ADULT SILKS Level I & II 5:30-6:00pm OPEN TRAINING 5:30-6:15 BASICS 6:15-7:15pm ADULT SILKS Level III