

Nisky Martial Arts

Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					MFR 8:15pm - 9:00pm (Adults Only)	
Family Class 3:00pm - 3:45pm	Intermediate TKD 3:30pm - 4:15pm	Tiny Tigers 3:00pm - 3:30pm	Weapons Class 3:30pm - 4:15pm (BBC Members only)	Beginners TKD 3:00pm - 3:45pm	Adult TKD 9:00am - 10:00am	Kids BJJ 9:00am - 9:45am (BJJ & BBC Members Only)
Beginners TKD 3:45pm - 4:30pm	Beginners TKD 4:15pm - 5:00	Family Class 3:30pm - 4:15pm	Competition Training 4:15pm - 5:00pm	Intermediate TKD 3:45pm - 4:30pm	Intermediate TKD 10:00am - 10:45am	
Intermediate TKD 4:30pm - 5:15pm	Tiny Tigers 5:00pm - 5:30pm	Intermediate TKD 4:15pm - 5:00pm	Tiny Tigers 5:00pm - 5:30pm	Kids BJJ 4:30pm - 5:15pm (BJJ & BBC Members Only)	Tiny Tigers 10:45am - 11:15am	
Sparring Class 5:15pm - 6:00pm	White Belts Only 5:30pm - 6:15pm	Beginners TKD 5:00pm - 5:45pm	Beginners TKD 5:30pm - 6:15pm		Family Class 11:15am - 12:00pm	
Advanced TKD 6:00pm - 6:45pm	Kids BJJ 6:15pm - 7:00pm (BJJ & BBC Members Only)	Sparring Class 5:45pm - 6:30pm	Intermediate TKD 6:15pm - 7:00pm		Sparring Class 12:00pm - 12:45pm	
Self Defense 6:45pm - 7:30pm (BBC Members Only)	Adult BJJ 7:00pm - 8:00pm	Black Belt Club 6:30pm - 7:30pm (BBC Members Only)	Adult BJJ 7:00pm - 8:00pm			BBC = Black Belt Club BJJ = Brazilian Jiu Jitsu MFR = Myofascial Release TKD = Taekwondo