



# GILBERT DEFENSE ARTS: CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Semi-Private Instruction (SPL) 3:00pm-8:30pm	(SPL) 3:00pm-8:00pm	Semi-Private Instruction (SPL) 3:00pm-8:30pm	(SPL) 3:30pm-8:00pm	Semi-Private Instruction (SPL) 12:00pm-6:30pm	Semi-Private Instruction (SPL) 9:00am-12:00pm	
	Kids Homeschool 11:00am-12:00pm		Kids Homeschool 11:00am-12:00pm		Adult Kenpo (Black) 8:00am-9:00am	
	Adult Muay Thai Kickboxing 12:00pm-1:00pm		Adult Muay Thai Kickboxing 12:00pm-1:00pm			
Kids Muay Thai Kickboxing 4:00pm-5:00pm	Kids Kenpo (BEG) 4:00pm-5:00pm	Kids Kenpo (ADV) 4:00pm-5:00pm	Kids Kenpo (BEG) 4:00pm-5:00pm	Kids Kenpo (Brn/Blk) 5:00pm-6:00pm	Kids Muay Thai Kickboxing 10:00am-11:00am	<b>OPEN GYM &amp; Private Instruction</b> 11:00am-2:00pm
Kids Kenpo (BEG) 5:00pm-6:00pm	Kids Kenpo (ADV) 5:00pm-6:00pm	Kids Kenpo (BEG) 5:00pm-6:00pm	Kids Kenpo (ADV) 5:00pm-6:00pm		Adult Muay Thai Kickboxing 12:00pm-1:00pm	
Adult Kenpo (ADV) 6:00pm-7:00pm	Adult Kenpo (BEG) 6:00pm-7:00pm	Muay Thai Kickboxing 6:00pm-7:00pm	Adult Kenpo (BEG) 6:00pm-7:00pm			
Muay Thai Kickboxing 7:00pm-8:00pm	Adult Kenpo (ADV) 7:00pm-8:00pm	Adult Kenpo (BEG) 7:00pm-8:00pm	Adult Kenpo (ADV) 7:00pm-8:00pm			
Jiu-Jitsu Self Defense 8:00pm-9:00pm		Jiu-Jitsu Self Defense 8:00pm-9:00pm				

## GROUP CLASSES:

- Kids Kenpo (BEG): Children age 5-12 ranks White-Orange
- Kids Kenpo (ADV): Children ages 5-12 ranks Purple and above
- Adult Kenpo (BEG): Adults and Teens ages 13+, ranks White-Purple
- Adult Kenpo (ADV): Adults and Teens ages 13+, ranks Blue and above
- Muay Thai Kickboxing: All ranks. No uniforms, fight shorts recommended. Full gear required (Head Gear, 10-12oz boxing gloves, Shin Guards, Mouthpiece and Groin Protectors for male students)

## SEMI-PRIVATE INSTRUCTION:

- Semi-Private Lessons (SPL) are scheduled individually by the student through our App! They may consist of 2 students per instructor.
- Any scheduled SPL that are missed without notice will be forfeited. SPL that rescheduled with proper notice may be made up within 30 days.
- Additional SPL times may be available upon request. Contact the studio. Download our APP though the APP Store: "Gilbert Defense Arts"