

Class Schedule

Monday

Ages 5-10
Children's Martial Arts
5:00 PM – 5:45 PM
Ages 11-14
Teens & Adults
6:00 PM – 7:00 PM
Adults
Internal Martial Arts
7:00-8:00

Tuesday

Privates available
Youth Beginner Fencing
6:00-7:00
Teens & Adult Fencing
7:00-8:00

Wednesday

4:00 PM – 5:00 PM
Ages 5-9
Children's Martial Arts
5:00 PM – 6:00 PM
Ages 10-14
Children's Martial Arts
6:30 PM – 7:30 PM
Adults
Internal Martial Arts

Thursday

Ages 5-10
Children's Martial Arts
5:00 PM – 5:45 PM
Youth Fencing
6:00-7:00
Teens & Adults Fencing

Friday

Family Fun Day
Privates available in
the morning

Saturday

10:00 AM – 10:30 AM
Ages 5-9
Children's Martial Arts
10:30AM – 11:00AM
Ages 10-14
Sanshou & Kali
11:00 PM – 12:00 PM
Esgrima/ Fencing/ Kobudo
12:00-1:00