



CLASS SCHEDULE

WEDNESDAYS

- 5:30 Kids Kung Fu
- 6:30 Muay Thai
- 6:30 Women's Self Defense

THURSDAYS

- 6:00 MMA
- 7:00 Open Mat

FRIDAYS

- 5:00-5:30 Beginner Kung Fu
- 5:30 Advanced Kung Fu
- 6:30 Muay Thai
- 6:30 Women's Self Defense

SATURDAYS

- Fight Camp 8am-10am

SUNDAYS

- 11:00am Kung Fu "All Levels"
- 12:00pm Women's Self Defense
- 1:00pm Muay Thai
- 2:00pm Jiu Jitsu
- 3:00pm Open Mat!