

Day/Time	5:00-5:30	5:30-6:00		6:00-6:45		6:45-7:30		7:45-9:00	
Room	B	A	B	A	B	A	B	A	B
Mon	Fitness	Lil' Dragon		Beginner Karate		Intermediate Karate		9:00AM 12:00PM Class Adult Karate	Advance Karate
Tues	Fitness	Lil' Dragon		Beginner Karate		Judo		Adult Karate	
Wed	Fitness	Lil' Dragon		Beginner Grappling		Intermediate Grappling		9:00AM 12:00PM Class Adult Grappling	Advance Grappling
Thurs	Fitness	Lil' Dragon		Beginner Grappling		Adult KickBoxing		Adult Grappling	
Fri	Fitness			Kickboxing 6:00-6:45 Beginner & Intermediate		Judo		9:00AM 12:00PM Class 7:45-9:00 Adult Kickboxing	
Sat	10:00am - 11:00am Competition Class		11:00am - 12:00pm Judo						