| Day/Time | 5:00-5:30 | 530:-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 | | | Beginner Karate | | Adult Judo | | Adult Karate | |
| Wed | Fitness | Lil' Dragon | | Beginner Grappling | | Intermediate Grappling | | 9:00AM 12:00PM Class Adult Grappling | Advance Grappling |
| Thurs | Fitness | | | Beginner Grappling | | Adult KickBoxing | | Adult Grappling | |
| Fri | Fitness | | | Kickboxing 6:00-6:45 Beginner & Intermediate | | Youth Judo | | 9:00AM 12:00PM Class 7:45-9:00 Adult Kickboxing | |
| Sat | 9:00am - 11:00am Competition Class | | | | | | | | |