


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Ninjas 4.15pm-4.55pm	Little Ninjas 4.00pm-4.30pm	Little Ninjas 4.15pm-4.55pm	Little Ninjas 4.00pm-4.30pm	Private Lessons	Little Ninjas 10.00am-10.30am
Kids Karate 5.00pm-5.45pm Novice White Belt to Advanced Yellow	Kids Karate 4.30pm-5.15pm Novice White Belt to Advanced Yellow	Kids Karate 5.00pm-5.45pm Novice White Belt to Advanced Yellow	Kids Karate 4.30pm-5.15pm Intermediate Low Orange to Advanced Purple	Black Belt Club 4.00pm-4.45pm Little Ninjas	Kids Karate 10.30am-11.15am All Grades
Kids Karate 5.45pm-6.30pm Intermediate Low Orange to Advanced Purple	Kids Kickboxing 5.15pm-6.00pm	Kids Karate 5.45pm-6.30pm Intermediate Low Orange to Advanced Purple	Kids Kickboxing 5.15pm-6.00pm	Black Belt Club 4.45pm-5.30pm	Black Belt Club 11.15am-12.00pm
Kids Brazilian Jiu Jitsu 6:30pm-7:15pm	Adults Brazilian Jiu Jitsu 6.00pm-7.00pm	Kids Brazilian Jiu Jitsu 6:30pm-7:15pm	MMA 6.00pm-7.00pm	Open Mat	Private Lessons
Kids Karate 7.15pm-8.00pm Advanced Low Red & Above	Kickboxing 7.00pm-8.00pm Beginners and Getting Started Classes	Kids Karate 7.15pm-8.00pm Advanced Low Red & Above	Kickboxing 7.00pm-8.00pm Beginners and Getting Started Classes	Adults Brazilian Jiu Jitsu 6.30pm-7.30pm	Kickboxing 1.30pm-3.00pm Intermediate to Advanced
Leadership Program Invitational Only 7.15pm - 8.00pm	Kickboxing 8.00pm-9.00pm Intermediate to Advanced	Adult Karate 8.00pm-9.00pm Novice to Advanced	Kickboxing 8.00pm-9.00pm Intermediate to Advanced		Birthday Parties
Adult Karate 8.00pm-9.00pm Novice to Advanced			Sparring Class 9.00pm-9.30pm		