



Ultimate Martial Arts - Juniors

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Skillz Champions 3 - 4 years 4:00pm - 4:30pm (1)	Junior/ Teen Karate Black 4:15pm - 5:15pm (1)	Little Skillz Champions 3 - 4 years 4:00pm - 4:30pm (1)	Skillz Champions 5 - 6 Years 4:00pm - 4:45pm (2)	Little Skillz Champions 3 - 4 years 4:00pm - 4:30pm (1)	Kids Fit Open 8:30am - 9:00am (1)
Skillz Champions 5 - 6 Years 4:30pm - 5:15pm (1)	Junior Karate Brown - Brown 2 4:15pm - 5:15pm (2)	Skillz Champions 7 - 9 Years 4:15pm - 5:00pm (2)	Junior Karate Black 4:15pm - 5:15pm (1)	Skillz Champions 5 - 6 Years 4:30pm - 5:15pm (1)	Little Skillz Champions 3 - 4 years 9:00am - 9:30am (1)
Skillz Champions 7 - 9 Years 5:15pm - 6:00pm (1)	Junior Karate Green - Green 2 5:15pm - 6:15pm (2)	Skillz Champions 5 - 6 Years 4:30pm - 5:15pm (1)	Junior Karate Green - Brown 2 4:45 pm - 5:45pm (2)	Skillz Champions 7 - 9 Years 5:15pm - 6:00pm (1)	Filipino Combatives Juniors 9:00am - 9.45am (2)
Teen/ Pre-Teen Leadership Beginner 4:00pm - 5:00pm (2)	Kids Brazilian Jiu-Jitsu Junior/ Teen 5:15pm - 5:45pm (1)	Skillz Champions 7 - 9 Years 5:15pm - 6:00pm (1)	Kids Brazilian Jiu-Jitsu Junior/ Teen 5:15pm - 5:45pm (1)	Teen/ Pre-Teen Leadership Open Revision 5:30pm - 6:30pm (2)	Skillz Champions 5 - 6 years 9:30am - 10:15am (1)
Teen/ Pre-Teen Leadership Advanced 5:00pm - 6:00pm (2)	Instructor Training 5.45pm- 6.30pm (1)	Teen/ Pre-Teen Leadership Beginner 5.00pm - 5.45pm (2)	Junior Karate Brown +2 5:45 pm - 6:15pm (1)		Skillz Champions 7 - 9 Years 10:30am - 11:15am (2)
Tournament Training Open 6:00pm - 6:30pm (1)	Filipino Combatives	Teen/ Pre-Teen Leadership Green - Green 2 5:45pm - 6:30pm (2)			XMA Open 12:00pm - 1.00 pm (1)
	Open 6:15pm - 6:45pm (1)	XMA Open 5:45pm - 6:30pm (2)			



Dojo 1: Upstairs
Dojo 2: Downstairs
Dojo 3: Backroom



Ultimate Martial Arts - Adults

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
UltimateBurn30 6:00am - 6:30am (2)	UltimateBurn30 9:30am - 10:00am (2)	UltimateBurn30 6:00am - 6:30am (2)	UltimateBurn30 9:30am - 10:00am (2)	UltimateBurn30 6:00am - 6:30am (2)	UltimateBurn30 8:00am - 8:30am (2)
Tournament Training Open 6:00pm - 6:30pm (1)	Adult Martial Arts Combatives Revision 10:00am - 11:00am (2)	XMA Open 5:45pm - 6:30pm (2)	Adult Martial Arts Combatives Revision 10:00am - 11:00am (1)		Filipino Combatives Adult 9:45am - 10:30am (2)
UltimateBurn30 6:00pm - 6:45pm (2)	UltimateBurn30 6:15pm - 7:00pm (2)	UltimateBurn30 6:30pm - 7:15pm (2)	UltimateBurn30 5:45pm - 6:15pm (2)		XMA Open 12:00pm - 1.00 pm (1)
Goju Ryu Karate Brown - Black 6:45pm - 7:45pm (2)	Filipino Combatives Open 6:15pm - 6:45pm (1)	Sparring Open 6:30pm - 7:30pm (1)	Kickboxing Fusion Beginner 6:15pm - 7:00pm (2)		Aikido 10:30am - 12:00pm (1)
Adult Martial Arts Combatives White - Green +1 7:00pm - 8:00pm (2)	Adult Martial Arts Combatives White - Yellow Beginners 6:45pm - 7:30pm (1)	Muay Thai Advanced 7:15pm - 8:15pm (2)	Adult Martial Arts Combatives White - Black 6:15pm - 7:15pm		Sparring Open 11:30am - 12:00pm (2)
Aikido 6:30pm - 8:00pm (1)	Kickboxing Fusion Beginner 7:00pm - 7:45pm (2)		Kickboxing Fusion Advanced 7:00pm - 7:45pm (2)		
	Kickboxing Fusion Advanced 7:45pm - 8:30pm (2)		Aikido 7:15am - 8:45pm (1)		
	Adult Martial Arts Combatives Green +2 - Black 7:30pm - 8:30pm (1)				
	Adult Martial Arts Combatives Black 8:30pm - 9:00pm (2)				

Dojo 1: Upstairs

Dojo 2: Downstairs

Dojo 3: Backroom