

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
4:30pm	Little HERO (Live Class)	Little HERO (Live Class)	Little HERO (Live Class)			Reserved for: Special Events	
5:00pm	Kids Class (Ages 7-12)	Kids Class (Ages 7-12)	Kids Class (Ages 7-12)	Kids Class (Ages 7-12)			
Break Time - 15 Minutes							
6:00pm	Leadership & Zoom Class	Leadership & Zoom Class	Leadership & Zoom Class	Leadership & Zoom Class Zoom Leadership	FIT & HIT 5:30pm		
Break Time - 15 Minutes							
6:45pm	All Ages Class (Ages 7+)	All Ages Class (Ages 7+)	All Ages Class (Ages 7+)	All Ages Class (Ages 7+)			
Break Time - 15 Minutes							
7:45pm	Brazilian Jui-Jitsu Club		Brazilian Jui-Jitsu Club				

Virtual Zoom Classes
Monday, Tuesday, Wednesday & Thursday

All Ages - 6pm
Leadership 6:30pm (Thursday Only)