



Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LIL DRAGONS		4:30PM 6:00PM		4:30PM 6:00PM		
BEGINNER	4:30PM 5:15PM 6:45PM	4:30PM 6:00PM 6:45PM	4:30PM 5:15PM 6:45PM	4:30PM 6:00PM 6:45PM		10:00AM
INTERMEDIATE		3:45PM 6:45PM		3:45PM 6:45PM		10:45AM
ADVANCEED		5:00PM		5:00PM		8:00AM
BLACKBELT CLASSES		7:30PM		7:30PM		8:00AM 10:00AM
TEEN KICKBOXING AND TRICKING	6:00PM		6:00PM			8:00AM 10:0AM
ADULT KICKBOXING AND SELF-DEFENCE	7:30PM		7:30PM			8:00AM 10:00AM
FILIPINO MARTIAL ARTS						10:00AM
WEAPONS MASTER CLASS						11:30AM
DEMO AND TOURNAMENT TRAINING	7:30PM		7:30PM			8:00AM