

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 PM						● 1:00PM - 2:30PM OLYMPIC WRESTLING	
2:00PM						(EMAIL US FOR MORE INFO)	
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	● 6:30PM - 7:30PM SEIYU KARATE KIDS	● 6:30PM TO 8:00PM INTERMEDIATE SELF DEFENCE	● 6:30PM - 8:00PM ADULT SEIYU KARATE	● 6:30PM - 7:30PM SEIYU KARATE KIDS	● 6:30PM - 7:30PM BEGINNERS GROUND (JIU JITSU)		
7:00 PM	● 7:30PM - 8:30PM KALI: INTRO TO WEAPONS	● 8:00PM - 9:00PM BEGINNERS GROUND (WRESTLING)	● 8:30PM - 10:00PM BEGINNERS STRIKING	● 8:00PM - 9:00PM BEGINNERS GROUND (WRESTLING)	● 7:30PM - 8:30PM KALI: INTRO TO WEAPONS		
8:00 PM	● 8:30PM TO 10:00PM BEGINNERS STRIKING	● 9:00PM - 10:00PM FIGHTERS CLASS (INVITE ONLY)		● 9:00PM - 10:00PM FIGHTERS CLASS (INVITE ONLY)			
9:00 PM							
10:00 PM							

