

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 PM						● 11:30AM - 1:00PM FEMALE SELF DEFENCE CLASSES	
2:00PM						● 1:30 PM - 3:00 PM OLYMPIC WRESTLING	
3:00 PM						● 3:30PM - 5:00PM SEIYU KARATE FIGHT TRAINING	
4:00 PM							
5:00 PM							
6:00 PM	● 6:30PM - 7:30PM SEIYU KARATE KIDS CLASS	● 6:30PM TO 8:00PM BEGINNERS GROUND & GRAPPLING (WRESTLING)		● 6:30PM - 8:00PM BEGINNERS GROUND & GRAPPLING (JUJITSU)	● 6:30PM - 7:30PM SEIYU KARATE KIDS CLASS		
7:00 PM	● 7:30PM - 9:00PM KALI: INTRO TO WEAPONS				● 7:30PM - 9:00PM KALI: INTRO TO WEAPONS		
8:00 PM		● 8:00PM - 9:30PM BEGINNERS STRIKING		● 8:00PM - 9:30PM BEGINNERS STRIKING			
9:00 PM	● 9:00PM TO 10:00PM FIGHTERS CLASS (INVITE ONLY)		● 9:00PM TO 10:00PM FIGHTERS CLASS (INVITE ONLY)				
10:00 PM							

