

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 PM						● 11:30AM — 1:00PM FEMALE SELF DEFENCE CLASSES	● 12:00PM — 1:30PM OLYMPIC WRESTLING
2:00PM							
3:00 PM							
4:00 PM						● 3:30PM - 5:00PM SEIYU KARATE FIGHT TRAINING	
5:00 PM							
6:00 PM	● 6:30PM — 8:00PM BEGINNERS STRIKING	● 6:00 PM — 7:00PM SEIYU KARATE KIDS CLASS	● 6:30PM — 8:00PM BEGINNERS STRIKING	● 6:30PM — 8:00PM SEIYU KARATE ADULTS CLASS	● 6:00PM — 7:00PM SEIYU KARATE KIDS CLASS		
7:00 PM		● 7:00PM — 8:30PM BEGINNERS GROUND & GRAPPLING (WRESTLING)			● 7:00PM — 8:30PM BEGINNERS GROUND & GRAPPLING (JUJITSU)		
8:00 PM	● 8:00PM — 9:00PM FIGHTERS CLASS (INVITE ONLY)			● 8:00PM — 9:00PM FIGHTERS CLASS (INVITE ONLY)			
9:00 PM							
10:00 PM							

