

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1:00 PM						● 12:00PM — 1:30PM FIGHTERS CLASS (KARATE FOCUSED)	● 12:00PM — 1:30PM OLYMPIC WRESTLING
2:00PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM	● 6:30PM — 7:45PM FEMALE ONLY WEEKLY SELF DEFENCE	● 6:30 PM — 7:30PM SEIYU KARATE KIDS CLASS	● 6:30PM — 8:00PM BEGINNERS STRIKING	● 6:30PM — 7:30PM SEIYU KARATE KIDS CLASS	● 6:00PM — 7:30PM BEGINNERS STRIKING		
7:00 PM		● 7:30PM — 9:00PM BEGINNERS GROUND & GRAPPLING (WRESTLING)		● 7:30PM — 9:00PM SEIYU KARATE ADULTS CLASS	● 7:30PM — 9:00PM GROUND & GRAPPLING (JUJITSU)		
8:00 PM	● 7:45PM — 9:15PM FIGHTERS CLASS						
9:00 PM							
10:00 PM							

