

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 – 4:40 Tiny Tigers Kempo	11:00-12:00 Brazilian Jiu Jitsu				9:00-9:40 Tiny Tigers
4:45 – 5:30 Jr Beginner Kempo	12:00 to 1:00 All Ranks Adult Kempo	1:00 – 2:15 Taekwon Do Homeschoolers	12:00-1:00 All Ranks Adult Kempo		9:45-10:30 Jr Leadership Training
5:30-6:15 Jr Advanced Kempo	1:15 -2:15 Bushintai Do			1:15-2:15 Bushintai- Do	10:30-11:15 Jr Kempo
5:30 – 6:00 Little Dragons	4:00 – 4:45 Jr Advanced Kempo	4:00-4:45 Jr Beginner Kempo	4:00-4:40 Tiny Tigers Kempo		11:15 -12:00 Beginner Adult Kempo
6:15 – 7:00 Beginner Adult Kempo	4:45 -5:30 XMA	4:45-5:30 Jr Advanced Kempo	4:45-5:30 Jr Kempo	4:00-4:30 TaekwonDo 4 and 5 yr- olds	12:00 – 12:45 Intermediate Adult Kempo
6:30-7:30 MMA	5:30- 6:15 Jr Beginner Kempo	5:30 - 6:10 Tiny Tigers Kempo	5:30-6:15 Jr Leadership Training	4:45 -5:45 Taekwon Do age 6 and up	12:45 – 1:45 Arnis
7:00-7:45 Intermediate Adult Kempo	6:15 - 7:00 Beginner Adult Kempo	6:15-7:15 All Ranks Adult Kempo	6:15-7:15 All Ranks Adult Kempo		
7:30-8:30 Brazilian Jiu Jitsu	7:00 – 7:45 Intermediate Adult Kempo	6:30 -7:30 MMA	7:15 -7:45 H.I.T.S.	7:30-8:30 Wing Chun	Sunday 8:00 - 11:00 AM Taekwon Do All levels and private lessons
7:45-8:30 Advanced Adult Kempo	7:45-8:30 Adult Leadership Training	7:30-8:30 Brazilian Jiu Jitsu			Sunday Open Mat (every other Sunday)11:00-- 2:00

Little Dragons: age 3, 4

Tiny Tigers: age 5, 6

Jr Beginner: age 7-13, White through Purple
Belts

Jr Advanced: age 7-13, Blue through Brown
Belts

Jr Kempo: age 7-13, All Ranks

XMA: 7-13, Blue Through Brown