



TEENS & ADULTS CLASSES



	MON	TUES	WED	THURS	FRI	SAT
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TEENS
Ages 13-17

White - Blue	5:00-6:00	5:45-6:45	4:30-5:30	-	4:45-5:45	1:15-2:15
Green & Up	4:30-5:30	5:15-6:15	5:00-6:00	-	4:45-5:45	1:15-2:15

ADULTS
Ages 18+

White - Purple	1:00-2:00 7:00-8:00	7:15-8:15	1:00-2:00 7:00-8:00	1:00-2:00	2:30-3:30	9:30-10:30am
Blue - Brown	1:00-2:00 7:00-8:00	7:15-8:15	1:00-2:00 7:00-8:00	1:00-2:00	2:30-3:30	9:30-10:30am
Black Belts	1:00-2:00 7:00-8:00	6:15-7:15	1:00-2:00 7:00-8:00	1:00-2:00 7:00-8:00	2:30-3:30	9:30-10:30am

ADDITIONAL CLASS OPTIONS:

WEAPON OF THE WEEK

Tuesdays 6:15-7:15pm \$20/month Ages 13+

COMBAT FITNESS

Wednesdays 6:00-7:00pm \$20/month Ages 15+