



GMAS KARATE

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SCHEDULE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------------------------|--------------------------------------|-------------------------------------------------|--------------------------------------|-------------------------------------------------|----------|
| KARATE (Age) up to 6 4 – 4: 45 PM | Personal Training All Ages | KARATE (Age) up to 6 4 – 4: 45 PM | Personal Training All Ages | KARATE (Age) up to 6 4 – 4: 45 PM | |
| KARATE (Age) 7 - 13 5 – 5: 45 PM | Personal Training All Ages | KARATE (Age) 7 - 13 5 – 5: 45 PM | Personal Training All Ages | KARATE (Age) 7 - 13 5 – 5: 45 PM | |
| KARATE (Age)14 and up 6 – 6: 50 PM | Personal Training All Ages | KARATE (Age)14 and up 6 – 6: 50 PM | Personal Training All Ages | KARATE (Age)14 and up 6 – 6: 50 PM | |
| MUAY THAI 7 – 8 PM | Personal Training All Ages | MUAY THAI 7 – 8 PM | Personal Training All Ages | MUAY THAI 7 – 8 PM | |

- * Personal Training – 30, 45 or 60 min (**Call to schedule**)
- * Check website for updates.