

Lebanon Martial Arts class schedule

Class Times	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 PM to 6:30 PM			Youth Karate		Youth Karate		Saturdays reserved for specialty classes, seminars, and Promotion Testing
6:30 PM to 7:30 PM		Muay Thai Kickboxing	Muay Thai Kickboxing	Balintawak (Filipino Martial Arts)	Muay Thai Kickboxing		
7:30 PM to 8:30 PM		Sparring class	Okinawan Karate, (Adults Age 13 and up)		Okinawan Karate, (Adults Age 13 and up)		
8:30 PM to 9:00 PM			Advance karate and Kobujitsu		Advance karate and Kobujitsu		

Effective January 1, 2018
 Schedule subject to change.