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Schedule will change according to need.

	MON	TUES	WED	THURS	SAT _{am classes}
ADULT KICKBOXING	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30 6:30 - 7:15	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30 6:30 - 7:15	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30	3:30 - 4:00 4:15 - 5:00 5:00 - 5:45 5:45 - 6:30 6:30 - 7:15	10:00 - 10:45
KIDS KARATE	4:15 - 5:00 5:00 - 5:45 *5:45 - 6:15 Sparring*	4:15 - 5:00 *5:00 - 5:30 Sparring* 5:30 - 6:15 6:30 - 7:15	4:15 - 5:00 5:00 - 5:45 *5:45 - 6:15 Kata, Weapons, and Sparring*	4:15 - 5:00 *5:00 - 5:30 Sparring* 5:30 - 6:15 6:30 - 7:15	10:00 - 10:45
ADULT KARATE / Jr BB 5th & up	6:45 - 7:45 *Traditional Isshin Ryu, Kata, Weapons, and Sparring	7:15 - 8:00 8:00 - 8:30* *Traditional Isshin Ryu, Kata & Weapons, and Sparring		7:15 - 8:00 8:00 - 8:30 *Traditional Isshin Ryu, Kata & Weapons, and Sparring	10:00 - 10:45