# LDP Martial Arts/Fearless Pilates Schedule

| | Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | Saturday | | Sunday |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | LDP | Fearless | LDP | Fearless | LDP | Fearless | LDP | Fearless | LDP | Fearless | LDP | Fearless | |
| 9am | | | | Reformer | | | | Reformer | | Reformer | | | CLOSED |
| 10am | | | | Reformer | | | | Reformer | | Reformer | TKD All belt levels | | |
| 11am | | Reformer | | Reformer | | | | Reformer | | Reformer | BJJ Kids All Levels | | |
| 12pm | Adult BJJ | Reformer | Kickboxing | | Adult BJJ | | Kickboxing | | OPEN MAT | Reformer | OPEN MAT | | |
| 1pm | | | | Reformer | | | | Reformer | | | | | |
| 2pm | | | | | | | | | | | | | |
| 3pm | | | | | | | | | | | | | |
| 4pm | | | | | | | | | | | | | |
| 5pm | | | | | | | | | | | | | |
| | 5:15 TKD Beginners | | 5:45 Kids BJJ | | 5:15 TKD Beginners | | 5:45 Kids BJJ | | | | | | |
| 6pm | 6pm TKD White-Green | 5:45 Women's BJJ | 6:30 TKD Blue-Black | 6:30 Mat Pilates | 6pm TKD White-Green | | 6:30 TKD Blue-Black | 6:30 Yoga/Pilates | | | | | |
| | 6:45 Kids BJJ 13+ | | 7:30 ADULT BJJ | | 6:45 Kids BJJ 13+ | 6:45 TKD Open Practice | 7:30 ADULT BJJ | | | | | | |
| 7pm | 7:45 Kickboxing 16+ | | | | 7:45 Kickboxing 16+ | | | | | | | | |
| 8pm | | | MMA | | | | MMA | | | | | | |
| 9pm | | | | | | | | | | | | | |