



MON.	TUES.	WED.	THURS.	FRI	SAT.	SUN
					8:45-9:30 FITNESS KICKBOXING	
5:00-5:30 KARATE TYKES	4:45-5:30 KIDS BBM	4:45-5:30 KARATE KIDS BEGINNERS	5:00-5:30 KARATE TYKES		9:30-10:00 KARATE TYKES	
5:30-6:15 KARATE KIDS Beginners	5:30-6:15 KIDS SPARRING	5:30-6:15 KARATE KIDS Int/adv	5:30-6:15 KARATE KIDS Beginners		10:00-10:45 KARATE KIDS All belts	
6:15-7:00 KARATE ADULTS All belts	6:15-7:00 ADULT SPARRING	6:15-7:00 KARATE ADULTS All belts	6:15-7:00 KARATE KIDS Int/adv	6:00-6:45 FITNESS KICKBOXING (NEW)	10:45-11:30 KARATE ADULTS All belts	
7:00-7:45 FITNESS KICKBOXING		7:00-7:45 FITNESS KICKBOXING				

EFFECTIVE SEPT 15, 2025 • BUSINESS HOURS

Monday: 5:00 PM – 8:00 PM • Tuesday: 4:30PM-7:00 PM
 Wednesday: 5:00 PM –8:00 PM • Thursday: 5:00 PM – 7:00 PM
 Saturday: 8:30 AM – 12:00 PM • Sunday: Closed