



## SPRING SCHEDULE - EFFECTIVE APRIL 1, 2024

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### MONDAY

5:00 - 5:45 PM	Little Dragons
5:00 - 6:00 PM	Youth Boxing
6:00 - 7:00 PM	All Ages Tae Kwon Do
6:00 - 7:00 PM	Youth Muay Thai
7:00 - 8:00 PM	Open Self Defense
7:00 - 8:30 PM	Adult Open Muay Thai

### THURSDAY

5:00 - 6:00 PM	Child Karate
6:00 - 7:00 PM	All Ages Karate
6:00 - 7:00 PM	Adult Karate
7:00 - 8:00 PM	Youth Brazilian Jiu Jitsu
7:00 - 8:00 PM	Advanced Karate
7:00 - 8:30 PM	Teen/Adult Brazilian Jiu Jitsu

### TUESDAY

5:00 - 6:00 PM	Child Karate
6:00 - 7:00 PM	All Ages Karate
6:00 - 7:00 PM	Adult Karate
7:00 - 8:00 PM	Youth Brazilian Jiu Jitsu
7:00 - 8:30 PM	Point Sparring
7:00 - 8:30 PM	Teen/Adult Brazilian Jiu Jitsu

### FRIDAY

5:00 - 5:45 PM	Little Dragons
6:00 - 7:00 PM	All Ages Tae Kwon Do
7:00 - 8:00 PM	Open Muay Thai
8:00 - 9:00 PM	Sparring (Continuous)

### WEDNESDAY

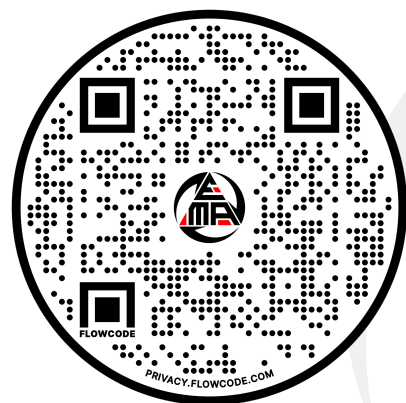
5:00 - 5:45 PM	Little Dragons
5:00 - 6:00 PM	Youth Boxing
6:00 - 7:00 PM	Youth Muay Thai
6:00 - 7:00 PM	All Ages Tae Kwon Do
7:00 - 8:00 PM	Advanced Karate
7:00 - 8:30 PM	Adult Open Muay Thai

### SATURDAY

9:00 - 10:00 AM	Youth Muay Thai
10:00 - 11:00 AM	Adult Open Muay Thai
11:00 - 12:00 PM	All Ages Karate
11:00 - 12:00 PM	Muay Thai All Levels/Sparring
12:00 - 1:00 PM	Women's Only BJJ
12:00 - 1:00 PM	Adult/Teen Boxing
12:00 - 12:45 PM	Little Dragons
1:00 - 2:00 PM	BJJ Fundamentals

### SUNDAY

10:00 - 11:00 AM	Little Dragons
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### CONTACT US

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