

LESSON SCHEDULE

MONDAY

3:30 - 6:00
ASP

5:00 - 5:30
Tots

5:30 - 6:15
Advanced

6:15 - 7:00
Beginners

7:00 - 8:30
Comp Team

TUESDAY

3:30 - 6:00
ASP

5:00 - 5:30
Tots

5:00 - 5:30
Leadership

5:30 - 6:15
Beginners

6:15 - 7:00
Advanced

7:00 - 7:30
Black Belt Club

7:30 - 8:30
Teen / Adult

WEDNESDAY

3:30 - 6:00
ASP

5:00 - 5:30
Tots

5:30 - 6:15
Advanced

6:15 - 7:00
Beginners

7:00 - 8:30
Comp Team

THURSDAY

3:30 - 6:00
ASP

5:00 - 5:30
Tots

5:00 - 5:30
Leadership

5:30 - 6:15
Beginners

6:15 - 7:00
Advanced

7:00 - 7:30
Black Belt Club

7:30 - 8:30
Teen / Adult

FRIDAY

3:30 - 6:00
ASP

5:00 - 7:00
Sparring Class

7:00 - 8:30
Comp Team

SATURDAY

9:00 - 10:00
Teen / Adult

10:00 - 10:45
Open Mat

10:45 - 12:15
Comp Team

12:30 - 2:30
Private Lessons

