



Martial Arts SCHEDULE

PROGRAM	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
LITTLE DRAGONS	5:30-6:00	6:00-6:30		6:00-6:30			
JUNIOR NINJAS	3:30 – 4:00 6:00 – 6:30	6:30 – 7:00	3:30 – 4:00 6:00 - 6:30	6:30 - 7:00			
CHAMPIONS I	4:00 – 4:45	6:30 - 7:15	4:00-4:45	6:30 – 7:15			
CHAMPIONS II / III	3:15 – 4:00	7:00 – 7:45	3:15 - 4:00	7:00 – 7:45			
JUNIOR BLACK BELT	4:00 - 4:45 6:30 – 7:15		4:00 - 4:45 6:30 – 7:15				
WHITE		6:00-6:30		6:00-6:30			
MAIN PHASE I / II	4:45- 5:30	5:15 – 6:00	4:45- 5:30	5:15 – 6:00			
MAIN PHASE III	7:15 – 8:15	4:00 – 5:00	7:15 – 8:15	4:00 – 5:00			
BLACK	6:30-7:30		6:30-7:30				
HITT FIT	7:30 – 8:30		7:30 – 8:30				
SPARRING					7:00-7:45		
SELF DEF. / Gung fu		8:00 – 9:00					
KICKBOXING		9:00-10:00			8:00-9:00		



**VERBAL
Martial Arts**



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