



Fall Class Schedule



Effective 11/9/2017

| | | |
|--|---|--|
| <p>Monday:</p> <p>4:15-5:00pm All 9-12 Year olds 5:00-5:45pm All 7 & 8 year olds 6:00-7:30pm Adult class</p> | <p>Tuesday:</p> <p>9:30-10:30am Yoga 10:30-11:30am Adult class 4:15-5:00pm 7 & 8 Year olds 5:00-5:45pm 4-6 years old 5:45-6:30pm 9-12 years old 6:30-7:30pm Adult class</p> | <p>Wednesday:</p> <p>3:00-4:00pm Middle School 4:15-5:00pm All age junior make-up 5:00-5:45pm 7 & 8 year olds 6:00-7:00pm Adult class</p> |
| <p>Thursday:</p> <p>4:15-5:00pm All 4-6 year olds 5:00-5:45pm All 7-8 year olds 5:45-6:30pm All 9-12 year olds 6:30-7:30pm Teen class ages 13-15 yrs 6:30-7:30pm Yoga 7:30-8:30pm Adult Brown & Black belt (14 years old and up)</p> | <p>Friday:</p> <p>5:30-7:00pm Adult class</p> | <p>Saturday:</p> <p>8:00-8:45am All rank junior class</p> <p>*Alternating make-up & sparring!</p> |