

September 1, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 7:00 Open Class All ages / All belts	5:30-6:30 Open Class All ages / All belts	No Classes	6:00 - 7:00 Open Class All ages / All belts	No Classes	9:00 Candidate Black Belt Class
					9:45-10:30 Open Class
	6:30-7:00 Cardio Kick & Punch	No Classes	3rd Thurs of the month 7:00-7:45 Sparring Class NO CHARGE ages 8+up	No Classes	All Ages / All belts
					10:30- 11:00 Cardio Kick & Punch