

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
4:30-5:00 Little Ninja Class (Ages 4-6)	4:00-4:30 Little Ninja Class (Ages 4-6)	5:00-5:30 Little Ninja Class (Ages 4-6)	4:30-5:15 Weapons Class Adult Yellow-Above Youth White-Above	9:00-9:45 Ladies Class Adult Yellow-Above
5:00-5:45 Beginner Class Adult White/Yellow Belts Youth White/Yellow/Orange Belts Only	4:30-5:15 Beginner Class Adult White/Yellow Belts Youth White/Yellow/Orange Belts Only	5:15-6:00 Kid's Class (Ages 7-12) (All Ranks Welcome)	5:15-6:00 *Sparring Class Adult Yellow-Above Youth Orange-Above MMA/Krav Students	
5:45-6:30 Intermediate Class Adult Green-Red Youth Green-Youth Black Only	5:15-6:00 Intermediate Class Adult Green-Red Youth Green-Youth Black Only	6:00-6:30 * Youth Sparring Class (Ages 7-12) Youth Orange-Above	6:00-7:00 (Ages 12 and Above) Mixed Martial Arts	
6:30-7:15 Advanced Class Adult Brown & Black Belts Only	6:00-7:00 (Ages 13 and Above) Mixed Martial Arts	6:00-7:00 (Ages 13 and Above) Mixed Martial Arts	7:00-7:45 *Krav Maga (Ages 13 and Above)	
7:15-8:00 *Mixed Martial Arts (Ages 13 and Above)	6:00-6:45 Advanced Class Adult Brown & Black Belts Only			
	7:00-7:45 *Krav Maga (Ages 13 and Above)			