

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4:30-5:00 Little Ninja Class (Ages 4-6)	10:00-10:45 am (Ladies Only) Women's Self Defense Class	5:00-5:30 Little Ninja Class (Ages 4-6)	4:30-5:15 Weapons Class Adult Yellow-Above Youth Yellow-Above
5:00-5:45 Beginner Class Adult White/Yellow Belts Youth White/Yellow/Orange Belts Only	10:45-11:30 am (Ages 9 and Above) Home School Class	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	4:00-4:30 Little Ninja Class (Ages 4-6)	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	4:30-5:15 Beginner Class Adult White/Yellow Belts Youth White/Yellow/Orange Belts Only	6:00-7:00 (Ages 12 and Above) Mixed Martial Arts	7:00-7:45 *Krav Maga (Ages 13 and Above)
7:15-8:00 *Krav Maga (Ages 13 and Above)	5:15-6:00 Intermediate Class Adult Green-Red Youth Green-Youth Black Only		
	6:00-7:00 (Ages 12 and Above) Mixed Martial Arts		
	6:00-6:45 Advanced Class Adult Brown & Black Belts Only		
	7:15-8:00 *Krav Maga (Ages 13 and Above)		