

Jr. Jiu Jitsu ages 8-12**Adult Jiu Jitsu ages 12+****Tai Chi ages 10+****Adult Taekwondo – Classroom A**

Monday	5:45 pm	White - Candidate
	6:45 pm	Black Belts Only
Tuesday	12:00 pm	
	5:45 pm	Black Belt Specialties
	6:30 pm	
	7:30 pm	Adult Leadership Members Only
Wednesday	5:45 pm	Brown Belts & Higher All Ages
Thursday	12:00 pm	
	5:00 pm	Candidates Only
	6:30 pm	
Friday	5:30 pm	Forms
	6:15 pm	Sparring

Tai Chi

Classroom A	
Monday	11:30 am Gi Quong 12:00 pm Tai Chi Form
Classroom C	
Tuesday	6:00 pm Gi Quong 6:30 pm Tai Chi Form
Classroom A	
Wednesday	11:30 am Gi Quong 12:00 Tai Chi Form
Classroom C	
Thursday	6:00 pm Gi Quong 6:30 pm Tai Chi Form

Taekwondo Family Class – Classroom A

Saturday at 10:30 am

Adult Jiu Jitsu – Classroom C

Monday	12:00 pm	
	6:00 pm	Fundamentals
	7:00 pm	Advanced
Tuesday	10:45 am	
	7:00 pm	Advanced
Wednesday	12:00 pm	
	6:00 pm	Fundamentals
	7:00 pm	Advanced
Thursday	10:45 am	
	7:00 pm	Women Only
Friday	5:30 pm	Fundamentals
	6:30 pm	No Gi
	6:30 pm	Adult Open Mat
Saturday	10:30 am	All Ages & Levels

Jr. Jiu Jitsu – Classroom C

Monday	5:00 pm
Tuesday	4:30 pm
Wednesday	5:00 pm
Thursday	4:30 pm
Saturday	10:30 am All Ages & Levels

Weapons – Classroom A

Monday	5:00	Wednesday	6:30
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Yoga – Classroom A

Tuesday & Thursday at 9:30

Rock Steady Boxing – Parkinson’s Support Group – Classroom B

Tuesday	1:00 pm Level 1	Thursday	1:00 Level 1
	2:00 pm Level 2		2:00 Level 2