

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
FLOOR 1	FLOOR 2	FLOOR	FLOOR 2	FLOOR 1	FLOOR 2	FLOOR 1	FLOOR 2	FLOOR 1	FLOOR 2	FLOOR 1	FLOOR 2
11:00am - 12:00pm TKD & KK ADULTS	12:00pm - 3:30pm PT AVAILABLE			11:00am - 12:00pm TKD & KK ADULTS	12:00pm - 3:30pm PT AVAILABLE					8:30-9:30am ADULTS BJJ	8:30am-9:30am KIDS BJJ +7YRS
3:30pm - 4:00pm LITTLE DRAGONS AGES 3-4		3:30pm - 4:00pm LITTLE DRAGONS AGES 3-4		3:30pm - 4:00pm LITTLE DRAGONS AGES 3-4		3:30pm - 4:00pm LITTLE DRAGONS AGES 3-4		3:30pm - 4:00pm LITTLE DRAGONS AGES 3-4	4:00pm-4:30pm PT AVAILABLE	9:30am-10:00am LITTLE DRAGONS AGES 3-4	9:30am-10:15am BOXINGFIT (CARDIO) 12+ YRS
4:00pm - 4:30pm LITTLE DRAGONS AGES 5-6	4:00pm - 4:30pm DRAGONS AGES 5-6 GREEN & PURPLE	4:00pm - 4:30pm LITTLE DRAGONS AGES 5-6	4:00pm - 4:30pm DRAGONS AGES 5-6 PURPLE UP	4:00pm - 4:30pm LITTLE DRAGONS AGES 5-6	4:00pm - 4:30pm DRAGONS AGES 5-6 PURPLE UP	4:00pm - 4:30pm LITTLE DRAGONS AGES 5-6	4:00pm - 4:30pm DRAGONS AGES 5-6 GREEN & PURPLE	4:00pm - 4:30pm LITTLE DRAGONS AGES 5-6	4:00pm - 4:30pm DRAGONS AGES 5-6 PURPLE UP	10:00am-10:30am LITTLE DRAGONS AGES 5-6	
4:30pm - 5:15pm WHITE - YELLOW 3 KIDS TKD	4:30pm - 5pm DRAGONS AGES 5-6 BROWN BELTS ONLY	4:30pm - 5:15pm WHITE - YELLOW 3 KIDS TKD	4:30pm - 5:15pm KIDS BJJ under 10 YRS	4:30pm - 5:15pm WHITE - YELLOW 3 KIDS TKD	4:30pm - 5:15pm BOXINGFIT (CARDIO) 12+ YRS	4:30pm - 5:15pm WHITE - YELLOW 3 KIDS TKD	4:30pm - 5pm DRAGONS AGES 5-6 BROWN BELTS ONLY	4:30pm - 5:15pm WHITE - YELLOW 3 KIDS TKD	4:30pm - 5:15pm KIDS KK 7-12 YRS	10:30am-11:30am WICKED WEAPONZ 7-12 YRS	10:30am-11:30am OLYMPIC TKD 7+ YRS
5:15pm - 6:00pm BLUE - RED 2 KIDS TKD	5:15pm - 6:00pm BOXINGFIT (CARDIO) 12+ YRS	5:15pm - 6:00pm BLUE - RED 2 KIDS TKD	5:15pm - 6:00pm KIDS KK 7-12 YRS	5:15pm - 6:00pm BLUE - RED 2 KIDS TKD	5:15pm - 6:00pm KIDS KK Ages +10 YRS	5:15pm - 6:00pm BLUE - RED 2 KIDS TKD	5:15pm - 6:00pm KIDS KK SPORTS COMPETITIVE	5:15pm - 6:00pm BLUE - BLACK KIDS TKD	5:15pm-6:15pm OLYMPIC TKD	11:30am-12:15pm WHITE - YELLOW 3 KIDS TKD	11:30pm-12:15pm WICKED WEAPONZ 13+ YRS
6:00pm - 6:45pm RED 3 - BLACK KIDS TKD	6:00pm - 7:00pm BOXINGFIT (TECHNIQUE) 12+ YRS	6:00pm - 6:45pm RED 3 - BLACK KIDS TKD	6:00pm - 6:45pm KIDS BJJ +10 YRS/Grey belts & above	6:00pm - 6:45pm RED 3 - BLACK KIDS TKD	6:00pm - 7:00pm WOMENS MARTIAL ARTS	6:00pm - 6:45pm RED 3 - BLACK KIDS TKD	6:00pm - 7:00pm BOXINGFIT (TECHNIQUE) 12+ YRS	6:00pm-7:00pm TKD & KK ADULTS	6:00pm-7:00pm OPEN TRAINING	12:15pm - 1:00pm BLUE - RED 2 KIDS TKD	12:15pm-1:00pm RED 3 - BLACK KIDS TKD
6:45pm - 7:45pm ADULTS TKD 13+ YRS	7:00pm - 8:00 pm ADULTS KK 13+ YRS	6:45pm - 7:45pm ADULTS TKD 13+ YRS	6:45pm - 7:45pm ADULTS BJJ 13+ YRS	6:45pm - 7:45pm ADULTS TKD 13+ YRS	7:00pm - 7:45pm ADULTS KK + K1 SPORTS	6:45pm - 7:45pm ADULTS TKD 13+ YRS	7:00pm - 8:00pm ADULTS KK 13+ YRS			1:00pm-2:00pm TKD & KK ADULTS	BDAY PARTY BOOKINGS SATURDAY 1-2PM 4-5:30PM SUNDAY 11-12:30PM
		7:45-8:45 pm ADULTS KK 13+ YRS		7:45-8:45 pm ADULTS KK 13+ YRS	7:45pm - 8:45pm OPEN MAT					2:00pm -3:00pm WOMENS MARTIAL ARTS	

KK- Korean Kickboxing
 TKD - Taekwondo
 OPEN MAT - BJJ open rolling session.