



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					8:00am-8:45am KIDS BJJGi Under 10yrs	
										8:45am-9:30am KIDS BJJGi +10yrs	8:30am-9:30am ADULTS BJJ
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 LITTLE 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 BEGINNERS 3- 6yrs Invite 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 BEGINNERS 3- 6yrs Invite only	4:30pm - 5:15pm WHITE - YELLOW 3 KIDS TKD	4:30pm - 5:15pm KIDS KK 7-12 YRS	10:30am-11:15am WHITE - YELLOW 3 KIDS TKD	10:30am-11:30am WICKED WEAPONZ 7-12 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-7:00pm OPEN TRAINING	11:15am - 12:00pm BLUE - BLACK KIDS TKD	11:30am-12:30pm 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	OPEN TRAINING	12:00pm-1:00pm TKD & KK ADULTS	
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 WOMENS MARTIAL ARTS	BDAY PARTY BOOKINGS SATURDAY 1-2PM 4-5:30PM SUNDAY 11-12:30PM
		7:45-8:45 pm ADULTS KK 13+ YRS	7:45pm - 8:45pm OPEN MAT	7:45-8:45 pm ADULTS KK 13+ YRS	7:45pm - 8:45pm OPEN MAT						

KK- Korean Ki  
TKD - Taekwo  
OPEN MAT -