

		MON	TUES	WED	THURS	FRI	SAT
ALL BELTS	7 & UP	12:30		12:30			
TURTLE	4-6 YEARS	6:30		6:30	6:30		10:45
WHITE	CHILD	5:00		6:30	5:45		10:00
WHITE	ADULT	5:00		6:30	5:45		10:00
GOLD	CHILD	4:15		5:45	5:00		10:00
GOLD	ADULT	4:15		5:45	5:00		10:00
GRN & PRLE	CHILD	6:30		4:15		4:15	10:45
GRN & PRLE	ADULT	8:00		4:15		4:15	10:45
BLE/A. BLE	CHILD	5:45	5:45	5:00	7:15	4:15	11:15
BLE/A. BLE	ADULT	8:00	7:15	5:00	7:15	4:15	11:15
RED/A. RED	CHILD	5:45	6:30	5:00	4:15	5:15	12:00
RED/A. RED	ADULT	8:00	7:15	5:00	4:15	5:15	12:00
BRN/A. BRN	CHILD	7:15	4:15	8:00	6:30	5:15	9:15
BRN/A. BRN	ADULT	8:00	4:15/7:15	8:00	6:30	5:15	9:15
NOVICE BLK	CHILD	7:15	4:15	8:00	6:30	6:15	9:15
NOVICE BLK	ADULT	8:00	4:15/7:15	8:00	6:30	6:15	9:15
BLACK	CHILD	4:15	5:00	7:15	8:00	6:15	9:15
BLACK	ADULT	8:00	5:00	7:15	8:00	6:15	9:15
2ND BLACK	CHILD	4:15	5:00	7:15	8:00	6:15	9:15
2ND BLACK	ADULT	8:00	5:00	7:15	8:00	6:15	9:15
Special Olympics			5:45	5:45 Team			
Adult Fitness Classes- You may attend one or all of them!							
KARDIO	adult fitness	7:15	10:00am	7:15	10:00am		
Krav Maga (intro)	adult fitness		7:30				
Krav Maga(level 1)	adult fitness		8:00		8:00		
Boxing	adult fitness		7:15		7:15		

Class Schedule begins January 3rd, 2017

