

<u>ROW ASSAULT</u> ***COMING SOON!***	***Participants must pre-register for these classes. This is a separate program and can be an add on to the CF or Martial Arts Memberships.
5:15-6:00am***	Coming soon!
6:00-6:45am***	Wed (More classes coming soon!)
6:45-7:30am***	Wed (More classes coming soon!)
7:30-8:15am***	Wed (More classes coming soon!)
8:30-9:15am***	Sat
9:00-9:45am	Mon-Fri & Sun
4:00-4:45pm***	Mon-Fri
5:00-5:45pm	Mon-Thurs
6:15-7:00pm***	Mon-Thurs

<u>YOGA</u> *Get your OM on at JSA! \$10 at the door.	Please register online by 6pm the day prior at https://clients.mindbodyonline.com/classic/home?studioid=22574 and choose YOGA under class types to see the available yoga classes for the week!
6-7am	Mon, Wed, Fri with Flora!
12:00-1:00pm	Tues & Thurs with Flora!
7:30-8:30am	Sat & Sun...Coming soon!
8-9pm	Tues & Thurs with Val!

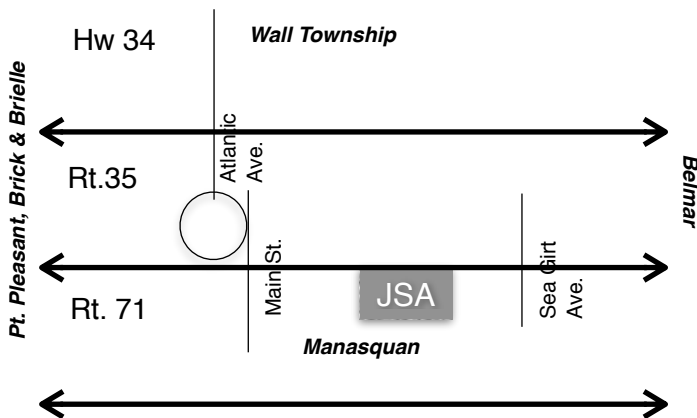
<u>MARTIAL ARTS ADULTS</u>	<u>Aikido</u>
7:00-8:00pm	Mon-Fri
10:00-11:00am	Sun
11:00am-11:45pm Family Aikido	Sat

<u>MARTIAL ARTS Jr. Samurai Ages 3-5</u>	<u>Aikido</u>
10:30am-11:00am Special New Parent & Me Class	Mon & Wed
4:00-4:30	Tues & Wed
5:30-6:00pm	Thurs
9:00-9:30am	Sat

<u>MARTIAL ARTS Child Beginner Ages 5-9</u>	<u>Aikido</u>
4:00-4:45pm	Mon
4:30-5:15pm	Tues
5:15-6:00pm	Wed
6:00-6:45pm	Thurs
10:15-11:00am	Sat

<u>MARTIAL ARTS Child Advanced Ages 6-9</u>	<u>Aikido</u>
5:30-6:15pm	Mon
5:30-6:15pm	Tues
4:30-5:15pm	Wed
4:45-5:30pm	Thurs
9:30-10:15	Sat

<u>MARTIAL ARTS Youth ages 10-14</u>	<u>Aikido</u>
4:45-5:30pm	Mon
6:15-7:00pm	Tues
4:00-4:45pm	Thurs
11:45-12:30am	Sat



OFFERING CROSSFIT, MARTIAL ARTS, ROWING, WEIGHTLIFTING & YOGA. First class is FREE for local residents!



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