

MON	TUE	WED	THU	FRI	SAT
	6:00 – 7:00 am Boot Camp Jeffrey Scott		6:00 – 7:00 am Boot Camp Jeffrey Scott		8:00 – 9:00 am Boot Camp Jeffrey Scott
	9:00 – 10:00 am Boot Camp Jeffrey Scott		9:00 – 10:00 am Boot Camp Jeffrey Scott		9:30 – 10:15 am Little Ninjas (Combo) Ages 3 to 5
	11:00 – 12:30 pm Brazilian Jiu Jitsu All Levels		11:00 – 12:30 pm Brazilian Jiu Jitsu All Levels		10:30-11:30am TKD Juniors (Combo) All Levels Ages 6 & up
3:30 – 4:30 pm TKD Juniors (Sparring) All Levels Ages 6 & up	3:30 – 4:30 pm TKD Juniors (Combo) All Levels Ages 6 & up	3:30 – 4:30 pm TKD Juniors (Combo) All Levels Ages 6 & up	3:30 – 4:30 pm TKD Juniors (Sparring) All Levels Ages 6 & up		11:30 – 12:30 pm TKD Adults All Levels
3:30 – 4:30 pm TKD Juniors (Combo) All Levels Ages 6 & up	4:30 – 5:15 pm Little Ninjas (Combo) Ages 3 to 5	4:30 – 5:15 pm Little Ninjas (Combo) Ages 3 to 5	4:30 – 5:15 pm Little Ninjas (Combo) Ages 3 to 5	5:00 – 6:00 pm TKD Juniors (Combo) All Levels Ages 6 & up	12:30 – 1:30 pm CAPOEIRA All Levels
5:30 – 6:30 pm TKD Juniors (Combo) White, Yellow & Green Ages 6 & up	5:30 – 6:30 pm Black Belt Club Junior Team (Combo)	5:30 – 6:30 pm TKD Juniors (Forms) White, Yellow & Green Ages 6 & up	5:30 – 6:30 pm TKD Juniors (Sparring) White, Yellow & Green Ages 6 & up	6:00 – 7:30 pm Tournament Prep Class Black Belt Club Junior Team (Forms & Sparring)	
6:30 – 7:30 pm Junior Team/BBC (Sparring)	6:30 – 7:30 pm TKD Adults All Levels Ages 6 & up	6:30 – 7:30 pm TKD Juniors (Forms) Blue, Red & Black Ages 6 & up	6:30 – 7:30 pm TKD Adults All Levels Ages 6 & up	6:30 – 7:30 pm TKD Juniors (Combo) Blue, Red & Black Ages 6 & up	6:30 – 7:30 pm TKD Adults All Levels
7:30 – 9:00 pm Brazilian Jiu Jitsu All Levels	7:30 – 8:30 pm CAPOEIRA All Levels	7:30 – 9:00 pm Brazilian Jiu Jitsu All Levels	7:30 – 8:30 pm CAPOEIRA All Levels	7:30 – 9:00 pm Brazilian Jiu Jitsu All Levels	

Combo Class: Forms/Breaking/Pedals/Bags/Jumps/Sparring drills
Forms Class: Forms techniques/Stances/Breaking

Sparring: Sparring drills/Free Sparring