

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rockin Kickboxin 9:00 AM - 9:45 AM		Rockin Kickboxin 9:00 AM - 9:45 AM				
Juniors White - Blue Belt 4:30 PM - 5:15 PM	Tiny Tigers 4:30 PM - 5:00 PM	Juniors White - Blue Belt 4:30 PM - 5:15 PM	Tiny Tigers 4:30 PM - 5:00 PM	Rockin Kickboxin 5:30 PM - 6:15 PM	Rockin Kickboxin 8:00 AM - 8:45 AM	Rockin Kickboxin 8:30 AM - 9:15 AM
Juniors Yellow - Black 5:15 PM - 6:00 PM		Juniors Yellow - Black 5:15 PM 6:00 PM	Juniors White - Blue Belt 5:15 PM 6:00 PM	Adults & Teens All Ranks 6:30 PM - 7:30 PM	Power Tone 8:45 AM - 9:30 AM	
	Power Tone 6:00 PM - 6:45 PM		Power Tone 6:00 PM - 6:45 PM			
Rockin Kickboxin 6:00 PM - 6:45 PM	Adult Brown Belts Juniors & Teens Brown and Black 5:30 PM - 6:30 PM	Rockin Kickboxin 6:00 PM - 6:45 PM	Juniors Yellow - Black 6:00 PM - 6:45 PM	Open Practice All Ranks 7:30 PM - 8:00 PM	Juniors All Ranks 9:30 AM - 10:15 AM	
Teen All Ranks 6:45 PM - 7:30 PM	Rockin Kickboxin 6:45 PM - 7:30 PM	Teen All Ranks 6:45 PM - 7:30 PM	Rockin Kickboxin 6:45 PM - 7:30 PM		Weapons All Ranks 10:15 AM 11:15 AM	
Adults All Ranks 7:30 PM - 8:30 PM	Adult Black Belt Class 7:30 PM - 8:45 PM	Adults All Ranks 7:30 PM - 8:30 PM	Adults All Ranks 7:30 PM - 8:30 PM		Adults & Teens All Ranks 11:15 AM - 12:15 Noon	

