



Beginner's Class Schedule September 12, 2016

	REGULAR CLASS SCHEDULE				ALTERNATE	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TAEKWONDO						
TIGERS: 4 - 7		5:30-6:00 PM		6:15-6:45 PM		10:30-11:00 AM
JUNIORS 7 -13	4:30-5:15 PM	5:15-6:00 PM		6:00-6:45 PM		11:00-11:45 PM
TEENS/ADULTS 13+		12:00-1:00 PM		12:00-1:00 PM		10:00-11:00 AM
	6:15-7:15 PM		6:45-7:30 PM		7:00-7:45 PM	11:00-11:45 AM Family Class
GRACIE JIU JITSU						
Jr Grapplers/Bullyproof: 8 - 15	5:30-6:15 PM		6:00-6:45 PM		4:45-5:30 PM	
Teens/Adults: Gracie Combatives		11:00-12:00 AM		1:00-2:00 PM		
	7:00-8:00 PM	6:45-7:45 PM	7:30-8:30 PM			10:00-11:00 AM
Combatives - Women Only		6:45-7:45 PM				