

Hours of operation:

Monday through Thursday. 6:00 pm-9:00 pm

Friday 6:00 pm -7:00 pm

Saturday 10:00 am to 1:30 pm

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 Kid's Novice to Advanced Blue to Black (7-12 years)	6:00-6:30 Tiny Tigers (4-6 years)	6:00-7:00 Kid's Novice to Advanced Blue to Black (7-12 years)	6:00-7:00 Kid's Sparring (7-12 years)	6:00-7:00 Competition Team Training	10:00-10:30 Tiny Tigers (4-6 years)
	6:30-7:30 Kid's Beginners White to Orange				10:30-11:20 Kid's Beginners
7:00-8:00 Adult Program All Ranks 13 & Up		7:00-8:00 Adult Program All Ranks 13 & Up	7:00-8:00 Adult Sparring All Ranks 13 & Up		11:30-12:30 Adults All Ranks 13&Up
					11:30-1:15 Black Belt Club

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