



CLASS SCHEDULE

Homeschool Group (5-12 yrs)

Monday
12:45-1:45pm

Friday
12:45-1:45pm

Koi Fish (3-4 year olds)

Tuesday
10-10:30am
4:00 pm- 4:30 pm

Friday
5:15-5:45pm

Little Dragons (5-6 year olds)

Monday
5-5:30pm

Tuesday
5:45-6:15pm

Wednesday
5-5:30pm

Thursday
5:45-6:15pm

Young Warriors (7-12 year olds)

Monday
5:45-6:30pm

Tuesday
5-5:45pm

Wednesday
5:45-6:30pm

Thursday
5-5:45pm

Competition Team
5:45-6:30pm

Adults (13+)

Monday
11:30am-12:30pm
Pro Class

Tuesday
6:30-7:30pm
Teen & Adult

Wednesday
11:30am-12:30pm
Pro Class
6:30-7:30pm
MT Kickboxing

Thursday
6:30-7:30pm
Teen & Adult
7:30-8:30pm
MT Kickboxing

Friday
11:30am-12:30pm
Pro Class
6:30-7:30pm
Adv. Adults

7:30-8:30pm
MT Kickboxing

7:30-8:30pm
MMA

Saturday - All Levels

8-9am
Bootcamp

9-10am
Kickboxing

10-11am
Kickboxing

Competition Team - This class is open to our kids competition team and advanced rank students.

Sparring - Open only to our advanced level adult students. Sensei Will will evaluate you during normal class times and invite you to Sparring.