

Lil Ninjas
2 - 5 year olds

Mon. 3:45 PM
4:30 PM
Wed. 3:45 PM
4:30 PM

Ninja Zone
6 - 12 year olds

Beginners
Mon. 5:15 PM
6:15 PM
Wed. 5:15 PM
6:15 PM

NINJA ZONE

Ninja Zone
6 - 12 year olds

Intermediates
Tues. 6:00 PM
Thur. 6:00 PM

Lil Dragons
2 - 5 year olds

Tues. 4:45 PM
5:30 PM
Thur. 4:45 PM
5:30 PM

Beginners

Mon. - Thur.
4:30 PM
6:45 PM
Sat. 10:00 AM

TAEKWONDO

Intermediates

Mon. 5:15 PM
Tues. 3:45 PM
6:45 PM
Wed. 5:15 PM
Thur. 3:45 PM
6:45 PM
Fri. 6:00 PM
(Sparring)
Sat. 10:45 AM

Advanced

Tues. 5:15 PM
7:30 PM
Wed. 7:30 PM
(TNT)
Thur. 5:15 PM
7:30 PM
Fri. 6:00 PM
(Sparring)
Sat. 8:00 AM

TEEN MARTIAL ARTS

Mon. 6:00 PM (Muay Thai)
Wed. 6:00 PM (Muay Thai)
6:45 PM (Combat)
Sat. 10:00 AM (Escrima)
11:30 AM (Weapons)



DISCOVERY
武 MARTIAL ARTS 木

ADULT MARTIAL ARTS

Mon. 7:45 PM (Kickboxing)
Wed. 6:45 PM (Trad. KMA)
Wed. 7:45 PM (Kickboxing)
Thur. 6:45 PM (Thai Fit)
Sat. 8:00 AM (Thai Fit)
Sat. 10:00 AM (Escrima)
Sat. 11:30 AM (Weapons Training)

Class Schedule

Scan Below

