

**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  
6:45 PM  
Wed. 5:15 PM  
6:45 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**  
**MARTIAL ARTS**

**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

