

2016 SUMMER CLASS SCHEDULE

Monday

9:00 – 10 am Group Fitness
10:00 – 11:00am Adult Streetwise
4:25 – 4:55pm Lil Warriors Prep
5:00 – 5:40pm Beginner Class (Family) White BELT thru Orange BELT
5:20 – 5:50pm Lil Warriors (back room)
5:45 – 6:25pm Intermediate/Advanced (Family) Green BELTS and above
6:30-7:30pm Group Fitness
7:35 – 8:35pm Adult Streetwise

Fitness Classes	Adults only
Lil Warriors Prep	kids ages 5-7
Basic/Beginner Kids & Family	
Lil Warriors	kids ages 3-7
Adult Streetwise	
Black Belt & Masters Club	

Tuesday

4:25 – 4:55pm Lil Warriors (main floor)
5:00 – 5:40pm Intermediate/Advanced (Family) Green BELTS and above
5:45 – 6:25pm Beginner Class (Family) White BELT thru Orange BELT
5:45 – 6:20pm Lil Warriors Prep
6:30 – 7:30pm Group Fitness
7:35 – 8:35pm Adult Streetwise

Wednesday

9:00 – 10 am Group Fitness
10:00 – 11:00am Adult Streetwise
4:25 – 4:55pm Lil Warriors Prep
5:00 – 6:35 pm BBC/MC / Leadership
6:35 – 7:05pm Basic Program Members, Lil Warriors (back room)
7:10 – 8:10pm Group Fitness
8:15 – 9:15pm Adult Streetwise

Thursday

4:25 – 4:55pm Lil Warriors (main floor)
5:00 – 5:30pm Basic Program Members, Lil Warriors Prep
5:35 – 7:05pm BBC/MC / Leadership
7:10 – 8:10 pm Group Fitness
8:15 – 9:15pm Adult Streetwise

Friday

Private Lessons Only

Saturday

7:30 – 8:30 am Group Fitness (Cardio Fusion)
8:30 – 9:30am Adult Streetwise
9:30 – 10:00am BBC / MC Weapons

*All Wednesdays on **even dates** of the month is Weapons, Self Defense, Rolling/Falling, Demo Practice

*All Thursdays on **odd dates** of the month is Sparring & Sparring Concepts/Drills

*All Wednesdays on **odd dates** of the month is Sparring & Sparring Concepts/Drills

*All Thursdays on **even dates** of the month is Weapons, Self Defense, Rolling/Falling, Demo Practice