

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:00 – 8:00am Basic /Advanced Weapons/Kata		7:00 – 8:00am Basic/Advanced Sparring Drills	
		9:00 – 10:00am Basic /Advanced Karate	8:00 – 9:00am Basic /Advanced Karate	9:00 – 10:00am Basic /Advanced Karate	8:00—9:00am Basic /Advanced Karate	
			12:30 – 1:30pm Basic /Advanced Karate		12:30 – 1:30pm Basic /Advanced Karate	12:00 – 1:00pm Basic/Advanced Karate
2:00 – 3:15pm Basic/Advanced Karate						
	6:00 – 7:00pm Basic Kata	6:00 – 7:00pm Advanced Kata/Weapons	6:00 – 7:00pm Basic Sparring Drills	6:00 – 7:00pm Advanced Sparring/Drills	6:30 – 7:30pm Black Belt Class	
	7:00 – 8:15pm Advanced Sparring/Drills	7:00 – 8:00pm Basic Sparring Drills	7:00 – 8:00 pm Brown Belt/ Black Belt Class	7:00 – 8:00pm Basic Kata		
		8:00 – 9:00pm San Miguel Escrima				

Self-Defense Class: Non-members \$25 / Members: FREE