

Tuesday	Thursday	Saturday
5-6pm Judo	5-6pm Judo	10-11am Judo
6-7:20pm teens /adults	6-7:20pm teens/adults	11:15-12:30pm teens/adults



BOSTON JUDO CLUB

Monday	Wednesday
5-5:30pm dragons	5-5:30pm dragons
5:30-6:15pm white belts	5:30-6:15pm advanced
6:15-7:00pm advanced	6:15-7:00pm white belts



KIDS KARATE AND MMA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9-1PM	9-12PM	9-1PM	9-12PM	9-1PM	9-10PM
5-5:30pm		5-5:30pm			10-11am
5:30-6:15pm		5:30-6:15pm	6:00-7:20pm		
6:15-7:20pm		6:15-7:50pm		7:30-9:00PM advanced sparring	



Muay Thai and Conditioning

Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
4-5pm kids	4-5pm kids	4-5pm kids	4-5pm kids	4-5pm kids	9-11am No-Gi
7:30-8:45pm	6:15-7:15pm	7:10pm-8:30 drills/fights	7:30-8:45pm	5-6pm	
	7:30-8:45pm			6-7:15pm	



Kimura Brazilian Jiu Jitsu