

DUMLAO'S SCHEDULE OF CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lil Warriors 3-3:30p	Lil Warriors 3-3:30p	Lil Warriors 3-3:30p	Lil Warriors 3-3:30p	Jiu-Jitsu 2 9-10a	Cardio Fitness 8:30-9:30a	Cardio Fitness 8:30-9:30a
Strikers 3:30-4:15p	Strikers 3:30-4:15p	Strikers 3:30-4:15p	Strikers 3:30-4:15p	Sparring 1 Sparring 2 5:15-6:45p		Sport Karate Sparring 9:30-10:30a
Alpha Strikers Jiu-Jitsu 1 4:15-5p	Jiu-Jitsu 1 4:15-5p Sparring 1 4-5p	Alpha 4:15-5p Omega 5-5:45p	Alpha 4:15-5p Jiu-Jitsu 1 5-6p	<div> <p>Lil Warriors: (All Belt Levels - Ages 4 ½ to 6)</p> <p>Strikers: (All Belt Levels - Ages 7-10)</p> <p>Alpha: (All Belt Levels - Ages 10-13)</p> <p>Omega: (All Belt Levels - Ages 14+)</p> <p>Sparring 1: (All Belt Levels - Ages 7-11)</p> <p>Sparring 2: (All Belt Levels - Ages 11+)</p> <p>Sport Karate Sparring: (Competition Team)</p> <p>FCC: (Muay Thai/Conditioning/Boxing)</p> <p>Jiu-Jitsu 1: (Kids - Age 11 & under)</p> <p>Jiu-Jitsu 2: (Co-Ed: 12+/Adult)</p> <p>Cardio Fitness Kickboxing: (Teen/Adult)</p> <p>*All Classes are filled under the discretion of the Instructor*</p> </div>		
Omega 5-6p	Sparring 2 5-6p	RC 6-7p	Sport Karate Sparring 5:45-6:45p			
FCC 6-7:30p	Jiu-Jitsu 2 6-7:30p	Jiu-Jitsu 2 6-7p	Omega Jiu-Jitsu 2 6-7:30p			
Cardio Fitness 7-8p	FCC/Impact Mitt Training 7-730p	FCC 6:30-745p				
		Cardio Fitness 7:45-8:15p	Cardio Fitness 7-8p			

EFFECTIVE 1/20/2020

RMD



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