

DUMLAO'S ACADEMY OF MARTIAL ARTS CLASS SCHEDULE

3/1/18 RMD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group 1 3-3:30p	Group 1 3:15-4p	Group 1 3-3:30p	Group 1 3:30-4:15p	Group 2A/2B/3/4 3:30-4:30p	Cardio Fitness 8:30-9:30am	Cardio Fitness 8-9am
Group 2A & 3 3:30-4:15p	Group 2A 3:15-4p	Group 2A & 3 3:30-4:15p	Group 2A & 2B 3:30-4:15p	Sparring 1 & 2 5-6:30p		Sport Karate Sparring 9-10:30a
Group 4 & 5 4:15-5p	Group 2B 4-5p	Group 2B 4:15-5p	Group 3 & 4 4:15-5p	<div> <p>Group 1: (All Belt Levels - Age 6 & under)</p> <p>Group 2A: (Beginner - Age 7-10)</p> <p>Group 2B: (Intermediate/Advanced - Age 7-10)</p> <p>Group 3: (All Belt Levels - Age 9-12)</p> <p>Group 4: (Intermediate/Advanced - Age 9-12)</p> <p>Group 5: (All Belt Levels - Age 13 & up)</p> <p>Group 6: (All Belt Levels – Teen/Adult)</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: (Teen/Adult)</p> <p>Cardio Fitness Kickboxing: (Teen/Adult)</p> </div>		
Group 2B 5-5:45p	Sparring 1 4-5p	Group 4 5-5:45p	Group 5 5-5:45p			
Jiu-Jitsu 1 5-6p	Sparring 2 5-6p	Group 5 5:45-6:30p	Jiu-Jitsu 1 5-6p			
Group 6 5:45-6:30p	Group 3 5-6p	Jiu-Jitsu (Women Only) 6-7p	Sport Karate Sparring 5:45-6:45p			
FCC 6-7:30p	Jiu-Jitsu 1 5-6p	FCC 6:30-8p	Jiu-Jitsu 2 6-7:30p			
Cardio Fitness 7-8p	Jiu-Jitsu 2 6-7:30p	Group 6 7:30-8:30p	Cardio Fitness 7-8p			
	Group 6 6-6:45p					
	FCC/Impact Mitt Training 7-8p					



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