

DUMLAO'S ACADEMY OF MARTIAL ARTS CLASS SCHEDULE

9/14/17 RMD

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	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	Sport Karate Sparring 9-10:30am
Group 2A 3:30-4:15p	Group 2A 3:15-4p	Group 2A 3:30-4:15p	Group 2A & 2B 3:30-4:15p	Sparring 1 & 2 5-6:30p	
Group 3 3:30-4:15p	Group 2B 4-5p	Group 3 3:30-4:15p	Group 3 3:30-4:15p	<div> Group 1: (All Belt Levels - Age 6 & under) Group 2A: (Beginner - Age 7-10) Group 2B: (Intermediate/Advanced - Age 7-10) Group 3: (All Belt Levels - Age 9-12) Group 4: (Intermediate/Advanced - Age 9-12) Group 5: (All Belt Levels - Age 13 & up) Group 6: (All Belt Levels – Teen/Adult) Sport Karate Sparring: (Competition Team) FCC: (Muay Thai/Conditioning/Boxing) Jiu-Jitsu 1: (Kids - Age 11 & under) Jiu-Jitsu 2: (Teen/Adult) Cardio Kickboxing: (Teen/Adult) </div>	
Group 4 & 5 4:15-5p	Sparring 1 4-5p	Group 2B 4:15-5p	Group 4 4:15-5p		
Group 2B 5-5:45p	Sparring 2 5-6p	Group 4 5-5:45p	Group 5 5-5:45p		
Jiu-Jitsu 1 5-6p	Group 3 5-6p	Group 5 5:45-6:30p	Sport Karate Sparring 5:45-6:45p		
Group 6 5:45-6:30p	Jiu-Jitsu 1 5-6p	Jiu-Jitsu (Women Only) 6-7p	Jiu-Jitsu 1 5-6p		
FCC 6-7:30p	Jiu-Jitsu 2 6-7:30p	FCC 6:30-8p	Jiu-Jitsu 2 6-7:30p		
Cardio Kickboxing 6:30-7:30p	Group 6 6-6:45p	Group 6 7:30-8:30p	Cardio Kickboxing 7-8p		
Cardio Kickboxing 7:30-8:30p	Cardio Kickboxing 7-8p	Cardio Kickboxing 7:30-8:30p			



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