



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:15am – 10:15am Children's FMA classes ages 4-16
					10:15am – 11:15am Adult FMA classes ages 17- unlimited
					11:15am – 12:15pm Adult martial arts Cardio kickboxing
	5:30pm – 6:30pm Women's Practical Self-Defense Course	5:30pm – 6:30pm Women's Practical Self-Defense Course	5:30pm – 6:30pm Women's Practical Self-Defense Course		
6:30pm-7:30pm Children's FMA classes ages 4-16 Adult FMA classes ages 17- unlimited Adult martial arts Cardio kickboxing	6:30pm-7:30pm Children's FMA classes ages 4-16 Adult FMA classes ages 17- unlimited Adult martial arts Cardio kickboxing	6:30pm-7:30pm – Children's FMA classes ages 4-16 Adult FMA classes ages 17- unlimited Adult martial arts Cardio kickboxing	6:30pm-7:30pm Children's FMA classes ages 4-16 Adult FMA classes ages 17- unlimited Adult martial arts Cardio kickboxing	6:30pm-7:30pm Children's FMA classes ages 4-16 Adult FMA classes ages 17- unlimited Adult martial arts Cardio kickboxing	