



Taekwondo

Beginner Kids (White/Gold)	M/W: 4:30-5:15pm F: 4:30-5:00pm
Intermediate Kids (Green-Blue)	M/W: 5:15-6:00pm F: 5:00-5:30pm
Kids Sparring (Green and up)	F: 5:30-6:15pm
Adult (White-Blue; sparring focus on TR)	T/TR: 7:15-8:15pm
Advanced Class (Red-Black, all ages)	M/W: 6:40-7:40pm
Advanced Techniques (All ages, all ranks)	M/W 6:00-6:40pm

Note: All red-black belt adults and teens are encouraged to attend Thursday Adult Class to spar at 7:45pm

Tiny Tigers

Taekwondo ages 4-6

Beginner	M/W: 5:05-5:35pm
Intermediate:	M/W: 4:30-5:00pm
Advanced	M/W: 4:30-5:00pm



Modern Arnis

Adults (13 and up, all ranks)	M/W: 7:45-9:00pm Sat: 9:30-11:00am
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Adult Fight

Adults only (16 and up)	M/W: 8:00-9:00pm
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Modern Karate

Adult only (16 and up)	T/TR: 8:15-9:00pm
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Judo

Beginner Kids (White/Gold)	T: 5:15-6:15pm Sat: 11:00-12:00pm
Advanced Kids (Orange and up)	TR: 5:15-6:15pm Sat: 11:00-12:00pm
Adult (13 and up)	T/TR: 6:15-7:15pm Sat: 12:00-1:15pm

Aerobic Kickboxing

Adult:	M-F: 5:35-6:35pm
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Tai Chi

Adult	T: 12:00-1:00pm
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Open Mat

Open to all styles, levels, and ages. Open mat times may occasionally be cancelled due to other events or room availability.

Front Room:	T/TR: 4:45-5:15pm
Back Room	T/TR: 6:45-7:15pm F: 4:30-5:00pm

Kung Fu

All levels (Yau-Man style)	M/W: 6:45-8:00pm F: 7:00-9:00pm
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