

	MON	TUE	WED	THUR	FRI	SAT	SUN
9:00-9:45 am							
10:00-10:45 am	Martial Arts Fitness	Martial Arts Fitness	Martial Arts Fitness	Martial Arts Fitness	Martial Arts Fitness	Movement	
11:00-11:45 am						Martial Arts Fitness	
12:00-12:45 pm							
5:30-6:15 pm	Martial Arts Fitness	Martial Arts Fitness	Martial Arts Fitness	Martial Arts Fitness			
6:30-7:15 pm							