

*Please note: All classes are 45 mins;
4-5 year old classes are 30 mins.*

Weekdays (M, W): 11am – 9pm
Weekdays (T, Th, F): 12pm – 9pm
Saturday: 10am – 3pm
Sunday: CLOSED

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
11:00 AM Adults <i>All Levels</i>	12:00 PM Open Workout Private Lessons	11:00 AM Adults <i>All Levels</i>	12:00 PM Open Workout Private Lessons	12:00 PM Open Workout Private Lessons	10 – 10 :30 AM 4 & 5 Year Old Beginner	CLOSED
					10 AM Children's Beginner Class (White Belt through Green Belt, up to Age 9)	
12:00 PM Open Workout Private Lessons	3 – 3:30 PM 4 & 5 Year Old Beginner	12:00 PM Open Workout Private Lessons	3 – 3:30 PM 4 & 5 Year Old Beginner		11:00 AM Age 10 through Adult <i>All Levels</i>	
3:30 PM Children <i>All Levels</i>	3:30 PM Children <i>All Levels</i>	3:30 PM Children <i>All Levels</i>	3:30 PM Children <i>All Levels</i>	3:30 PM Open Workout / Private Lessons	12:00 – 12:30 PM Light Sparring Class <i>All Levels</i>	
4:30 PM Children <i>All Levels</i>	4:30 PM Children <i>All Levels</i>	4:30 PM Children <i>All Levels</i>	4:30 PM Children <i>All Levels</i>	4:30 PM Children <i>All Levels</i>	1:00 PM BBP Classes See BBP Schedule	
5:30 PM Fundamentals <i>All Levels</i>	5:30 – 6 PM Children Sparring Techniques	5:30 PM Forms <i>All Levels</i>	5:30 PM BBP Classes See BBP Schedule	5:30 PM Forms <i>All Levels</i>	2:00 PM Open Workout Private Lessons	
6:30 PM Fundamentals <i>All Levels</i>	6:30 PM BB Test Prep (Red Belt & Black Stripe)	6:30 PM Test Review <i>All Levels</i>	6:30 PM Advanced (1 st Dan Black Belt and Above)	6:30 PM Advanced Sparring Techniques <i>Blue Belt & Above</i>		
7:30 PM Fundamentals <i>All Levels</i>	7:30 PM Open Workout Private Lessons	7:30 PM Fundamentals <i>All Levels</i>	7:30 PM Open Workout Private Lessons	Closes at 7:30pm	<div> <div>Adults</div> <div>Children</div> <div>All Ages</div> </div> <div> <div>BBP Class</div> <div>4 & 5 Year Old</div> <div>Open Workout</div> </div>	