



studio martial arts training  
a place to study the way

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 – 10:00am	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
10:00 – 11:00am	Ladies Only Martial Arts	Ladies Only Martial Arts	Ladies Only Martial Arts	Ladies Only Martial Arts	Ladies Only Martial Arts	10:30 – 11:30am Kids Class	10:30 – 11:30am Kids Class
Noon – 1:00 pm	Personal Training		Personal Training		Personal Training	Advanced Kids Class	Kickboxing
4:00 – 4:50pm	Kids Class	Kids Class	Kids Class	Kids Class	Kids Class	1:00 – 3:00pm Personal Training	1:00 – 2:00pm Open Training
5:00 – 6:00pm	Advanced Kids Class	Kids PT 30 min	Advanced Kids Class	Kids PT 30 min	Kids PT 30 min		
5:30 – 6:30pm		Youth Class		Youth Class	Youth Class		
6:15 – 7:15pm	Youth Class	6:30 – 7:30pm Adult Class	Youth Class	6:30 – 7:30pm Adult Class			
7:30 – 8:30pm	Adult Class	Close Quarters Self-Defense	Adult Class	Close Quarters Self-Defense			

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