

| MON | TUE | WED | THUR | FRI | SAT | SUN |
|--|--|--|--|--|---|-----|
| 5:45pm - 6:30pm Family Karate | 5:45pm - 6:30pm Family Karate | | 5:45pm - 6:30pm Family Karate/Irikumi | | 10:00am - 11:00am Open class Karate | |
| | 5:45pm - 6:30pm Adult Kickboxing | | 5:45pm - 6:30pm Adult Kickboxing | | | |
| 6:30pm - 7:30pm Junior Kids Karate | 6:30pm - 7:30pm Junior Kids Karate | 6:30pm - 7:30pm Grappling (team) | 6:30pm - 7:30pm Junior Kids Karate/Irikumi | | 11:00am - 12:00pm Grappling | |
| 6:30pm - 7:30pm Adult Kickboxing | 6:30pm - 7:30pm Adult Kickboxing | 6:30pm - 7:00pm Adult Kickboxing | 6:30pm - 7:30pm Adult Kickboxing | | | |
| 7:30pm - 8:30pm 10th - 8th Kyu Kids Karate | 7:30pm - 8:30pm Advanced Pre-Teen Karate | 7:30pm - 8:30pm Advanced Pre-Teen Karate | 7:30pm - 8:30pm Pre-Teen Irikumi | 7:30pm - 8:30pm Advanced Pre-Teen Karate | 12:00pm - 1:00pm Advanced Pre-Teen Irikumi | |
| 7:30pm - 8:30pm Adult Kickboxing | 7:30pm - 8:30pm Adult Kickboxing | | 7:30pm - 8:30pm Adult Kickboxing | 7:30pm - 8:30pm Adult Kickboxing | 12:00pm - 1:00pm Adult Kickboxing | |
| 8:30pm-9:30pm Youth/Adult Karate | 8:30pm-9:30pm Youth/Adult Karate | TBA | 8:30pm-9:30pm Youth/Adult Karate/Irikumi | | | |
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