

WEEKDAY CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:00AM	LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)		LITTLE CHEETAHS (30 MINS)
4:00PM	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)	LITTLE CHEETAHS (30 MINS)
4:30PM	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	
	KIDS BJJ (45 MINS) 5 - 8 YRS	UFIT (40 MINS)	KIDS BJJ (45 MINS) 5 - 8 YRS	UFIT (40 MINS)	
4:45PM					KIDS ALL BELTS (45 MINS)
					KIDS BJJ ALL AGES 5-13 YRS (45 MINS)
5:15PM	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	KIDS INTERMEDIATE TKD (45 MINS)	KIDS BEGINNERS TKD (45 MINS)	
	KIDS BJJ (45 MINS) 9 - 13 YRS		KIDS BJJ (45 MINS) 9 - 13 YRS		
5:30PM					PRODIGY PROGRAM (1 HOUR)
					ADULTS BJJ (1 HOUR)
6:00PM	PRODIGY PROGRAM (1 HOUR)	LITTLE CHEETAHS (30 MINS)	PRODIGY PROGRAM (1 HOUR)	LITTLE CHEETAHS (30 MINS)	
	ADULTS BJJ (1 HOUR)	ADULTS BOXING (45 MINS)	ADULTS BJJ (1 HOUR)	ADULTS BOXING (45 MINS)	
	FIGHT TEAM (1 HOUR)		FIGHT TEAM (1 HOUR)		
6:30PM		JNR & SNR SPARRING CLUB (2 HOURS)		SENIOR SPARRING CLUB (2 HOURS)	KIDS WEAPONS (30 MINS)
		KIDS ALL BELTS (45 MINS)		KIDS ALL BELTS (45 MINS)	
6:45PM		ADULTS KICK BOXING (45 MINS)		ADULTS KICK BOXING (45 MINS)	
7:00PM	KIDS WEAPONS (30 MINS)	FIGHT TEAM (1 HOUR)	KIDS WEAPONS (30 MINS)		JNR & SNR SPARRING CLUB (1.5 HOURS)
	FILIPINO WEAPONS (30 MINS)		FILIPINO WEAPONS (30 MINS)		BEYOND BLACK BELT CLUB (1 HOUR)
	ALL LEVELS BOXING (1 HOUR)		ALL LEVELS BOXING (1 HOUR)		FIGHT TEAM & ALL LEVELS BOXING (1.5 HOURS)
7:30PM	ADULTS TAEKWONDO (1 HOUR)		ADULTS TAEKWONDO (1 HOUR)		
	BEYOND BLACK BELT CLUB (1 HOUR)		BEYOND BLACK BELT CLUB (1 HOUR)		

SATURDAY CLASSES

TIME	SATURDAY
7:30AM	JUNIOR AND SENIOR SPARRING CLUB (1.5 HOURS)
9:00AM	UFIT (40 MINS)
10:00AM	LITTLE CHEETAHS (30 MINS)
	ADULTS KICK BOXING (45 MINS)
10:45AM	KIDS ALL BELTS (45 MINS)
11:30AM	KIDS WEAPONS (30 MINS)
12:00PM	LITTLE CHEETAHS (30 MINS)

SUNDAY CLASSES

TIME	SUNDAY
9:00AM	LITTLE CHEETAHS (30 MINS)
9:30AM	KIDS ALL BELTS (45 MINS)
10:15AM	UFIT (40 MINS)
11:15AM	PRODIGY PROGRAM (1 HOUR)

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