

# Monday / Wednesday

	Studio 1	Studio 2
3:15 - 4:00 PM	KARATE CORE ALL RANKS	
4:00 - 4:45 PM	KARATE CORE ALL RANKS	
4:45 - 5:30 PM	KARATE CORE ADVANCED	JIU-JITSU Core & Teen
5:30-6:15 PM	KARATE CORE & MIGHTY LIONS ALL RANKS	Mighty Lions Karate
6:15 - 7:00 PM	KARATE CORE & MIGHTY LIONS ALL RANKS	
7:15 - 8:15 PM	KARATE TEEN & ADULTS	

# TUESDAY / THURSDAY

	Studio 1	Studio 2
3:15 - 4:00 PM	KARATE CORE ALL RANKS	KARATE MIGHTY LIONS
4:00 - 4:45 PM	KARATE CORE ALL RANKS	BJJ MIGHTY LIONS
4:45 - 5:30 PM	KARATE CORE ALL RANKS	JIU-JITSU CORE
5:30-6:15 PM	KARATE CORE BEGINNER	KARATE MIGHTY LIONS
6:15 - 7:00 PM	KARATE CORE ALL RANKS	JIU-JITSU FAMILY - ALL RANKS
7:15 - 8:15 PM	KARATE BLACK BELT CLASS	KARATE TEEN & ADULTS
8:15 - 9:00 PM	JIU-JITSU TEEN & ADULT ALL RANK	BLACK BELT RANK CLASS

- 5:30 - 6:30 am Monday/Friday Men's Jiu-Jitsu