



MARTIAL ARTS CLASS SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PM	LITTLE KARATE		LITTLE KARATE			
4:45 PM	BEGINNER KARATE		BEGINNER KARATE			SPECIAL EVENTS OR CLASSES
5:15 PM	ADVANCED KARATE		ADVANCED KARATE	ICCS KRAV-FIT	ICCS GRAPPLING	SPECIAL EVENTS OR CLASSES
5:30 PM		KARATE SPARRING				
6:15 PM	ADULT KARATE	ICCS KRAV MAGA	ADULT KARATE			
6:30 PM				JIU JITSU	ICCS BOXING SPARRING	
7:15 PM		JIU JITSU			ICCS BOXING ESSENTIALS	

