



Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Adults <i>All Belts</i> 12:15 - 1:00		Adults <i>All Belts</i> 12:15 - 1:00			Poomse <i>All Belts</i> 9:45 - 10:45
Youth/Family <i>White - Green</i> 5:15 - 5:55	Youth/Family <i>Purple & Above</i> 5:15 - 5:55	Youth/Family <i>White - Green</i> 5:15 - 5:55	Youth/Family <i>All Belts</i> 5:30 - 6:10	Weapons <i>All Belts</i> 5:30 - 6:00	Conditioning Class <i>All Belts</i> 11:00 - 12:00
Youth/Family <i>Purple & Above</i> 6:15 - 6:55	Youth/Family <i>White - Green</i> 6:15 - 6:55	Youth/Family <i>Purple & Above</i> 6:15 - 6:55	Poomse Team - 6:15 - 7:15	Sparring <i>All Belts</i> 6:10 - 7:00	
Adults & Teen <i>All Belts</i> 7:10 - 8:00		Adults & Teen <i>All Belts</i> 7:10 - 8:00		Adults & Teen <i>All Belts</i> 7:10 - 8:00	