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| **Hours** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **4:00 - 4:30 PM (3 - 5 yr old)** | Pee – Wee Ninja Class | Pee – Wee Ninja Class | Pee – Wee Ninja Class | Pee – Wee Ninja Class | Pee – Wee Ninja Class |
| **4:30 - 5:15 PM (5 - 8 yr old)** | Advanced Ninja Class (Purple & Up) | Beginner Ninja Class (White – Blue) | Advanced Ninja Class (Purple & Up) | Beginner Ninja Class (White – Blue) | Ninja(Ages 5-8/All belts) |
| **5:15 - 6:00 PM (5 - 8 yr old)** | Beginner Ninja Class (White – Blue) | Advanced Ninja Class (Purple & Up) | Beginner Ninja Class (White – Blue) | Advanced Ninja Class (Purple & Up) | Junior(Ages 8-12/All belts) |
| **6:00-6:45****Lower Level**  |  Adult Kick Boxing  | 5:45– 6:30 PM Kickboxing(5- 10 yr old) | 5:45 – 6:30 PM Kickboxing(5- 10 yr old) | Adult Kick Boxing  | Gymnastics $25 per class6 pm-7 pm |
| **6:45 -7:30 PM Lower Level** | Vadha Kempo | 6:30 – 7:30 PMMMA ADULT KICKBOXING |  | Vadha Kempo |
| **6:00 - 6:45 PM (8 - 12 yr old)** | Beginner Junior Class (white-blue) | Junior Advanced (purple & above) | Beginner Junior Class (white-blue) | Junior Advanced (purple & above) | ALL Black Belt Training6:00 - 6:45 |
| **6:45-7:30 PM (8 - 12 yr old)** | Junior Advanced (purple & above) | Beginner Junior Class (white-blue | Junior Advanced (purple & above) | Beginner Junior Class (white-blue) | Bodan Class6:45 – 7:30Second Degree Training\*7:30 - 8:00\* |
| **7:30-8:30 PM** | ADULT TDK MMA | Wing Chun Kung Fu Tai Chi | ADULT TDK MMA | Wing Chun Kung Fu Tai Chi |
| **7:30 -8:15 PM Lower Level**  |  | (7-12 yr old) Brazilian Jiu-Jitsu |  |  (7-12 yr old) Brazilian Jiu-Jitsu |
| **8:15 -9:15 PM Lower Level**  |  | Adults Brazilian Jiu-Jitsu  |  |  Adults Brazilian Jiu-Jitsu |

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| **9:45 - 10:15 AM** | **10:15 - 11:00 AM** | **11:00 - 11:45 AM** | **11:45 AM -12:30 PM** |
| Pee – Wee Ninja Class | Ninja\*All Belts\* | Junior Class\*All Belts\* | Weapons\*All Belts\* |

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| **8:00 - 9:00 AM** |  **9:00 - 10:00 AM** | **10:00 – 11:00 AM** |
| ADULT Brazilian Jiu-Jitsu \*Lower Level\* | 7–12 yr old Brazilian Jiu-Jitsu \*Lower Level | Tai Chi$10 Pay As You Go lower Level\* |

**NERF GUN ----- SATURDAYS $5.00 ------ 12:30-1:15**