



# Adult Programs Schedule

## Taekwondo & Hapkido

Tues & Thurs - 12:00 PM

Mon to Fri - 6:30 PM

Sat - 10:00 AM

## Brazilian Jiu Jitsu

Tues - 11:00 AM

Thurs, Fri - 12:00 PM

Mon to Thurs - 7:45 PM

Saturday - 10:15 AM

## Muay Thai Kickboxing

Mon to Thurs - 7:30 PM

Fri - 6:30 PM

## Strong ON!

Mon, Wed, Fri - 5:30 AM, 9:45 AM or 12:00 PM

Tues, Thurs - 8:00 AM or 7:30 PM

Mon to Thurs - 6:30 PM

Saturday - 10:00 AM