

	MON	TUES	WED	THUR	FRI	SAT	SUN
Champions Age 3.5 to 6	4:30-5:00p	4:00-4:30p	4:30-5:00p	4:00-4:30p		10:00-10:30a	
Youth - Ages 7-12 New Students <small>White Belts</small> Age 7-9 Age 10-12	5:00-5:30p 4:00-4:30p 5:30-6:00p	5:30-6:00p 5:00-5:30p 4:30-5:00p	5:00-5:30p 4:00-4:30p 5:30-6:00p	5:30-6:00p 5:00-5:30p 4:30-5:00p		10:35-11:05a 11:10-11:40a	12:20-12:50p 12:20-12:50p
Teens Adults TMA Fit	6:00-6:40p 6:00-6:40p	6:00-6:40p 6:00-6:40p	6:00-6:40p 6:00-6:40p	6:00-6:40p 6:00-6:40p		9:00-9:40a 9:00-9:40a 8:00-8:45a	11:30a-12:10p 11:30a-12:10p 10:00-11:15a
Performance	5:15-6:00p						
Sparring	6:45-7:30p				7:00-8:30p	11:45a-12:25p	
Leadership	4:30-5:10p						
Staff	6:45-8:45p						