



Tykes

Mon/Wed 4:45-5:15pm
Tues/Thurs 5:30-6pm

Juniors

Junior Beginner
Mon/Wed 5:15-6pm
Tues/Thurs 6-6:45pm

Junior advanced
Mon/Wed 6-6:45
Tues/Thurs 4:45-5:30

Competition

By invitation only
Mon/Wed 6:45-8pm

Sparring Classes

Fri 5:30-7pm

Adults

Mon/Wed 8-9pm
Tues/Thurs 6:45-7:45