

Teen thru Adult

MONDAY – 7:15pm to 8:00pm

TUESDAY – 8:00pm to 8:45pm

WEDNESDAY – 8:00pm to 8:45pm

How many classes should I attend a week?

You may attend up to 3 Classes a Week of any of the above, plus classes offered at the bottom that goes with the program you are in.



Students
Ages 13 thru Adult

White Belt
thru
Blue Belt



Book Private Lessons

Free 15 min. private lessons available to prevent falling behind.

Paid 30 min. private lessons to get ahead quicker.

Black Belt Club

Monday – 5:00pm to 5:45pm

Extra's

Kicknastics Wednesday – 5:00pm to 5:45pm

Arnis and Sais Wednesday- 5:00pm to 6:00pm

Sparring Tuesday – 6:30pm to 7:15pm