

Homeschool Class

Time	Monday	Thursday
11:15am		2nd day option only
2:00pm	Orange & up	
2:45pm	Tumbling	
3:00pm	New Students	

KARATE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:15pm		2 & 3 year olds			
4:45pm			4 & 5 year olds	Level2 weapons	
4:45pm			Karate	2 & 3 year olds	
5:00pm	Self defense				
5:30pm	Karate	Karate		Karate	
6:15pm	4 & 5 year olds	Level1 weapons			Karate

Tumbling & Tricking

Time	Monday	Tuesday	Wednesday	Thursday	Friday
4:45pm		Tricking			
5:30pm			Hyper Weapons	Jr. Tumbling	
6:15pm	Tumbling		Airfloor	Open Floor	Airfloor

Fitness: Drop in between 4:45pm & 7pm for HITT training Mon-Thurs along with classes.

Time	Monday	Tuesday	Wednesday	Thursday
4:15			Air Fit	
4:45		Hoop Fit		
5:00	Self defense Fit			
5:30				Kick boxing

Saturdays are reserved for birthday parties, private lessons, TABATA Bootcamps, and special events.