

Class Schedule 2023-2024



MONDAY

4:00-4:30PM
Private classes available

4:45PM **Beginners**

5:30PM
Intermediate

6:30PM **Teens and Adults**

7:15PM **Yoga
Teens & Parents**

TUESDAY

4:00-4:30PM
Private classes available

4:45 PM **Tiny Tigers**

5:30PM
Intermediate

6:30PM **Beginners**

WEDNESDAY

4:00-4:30PM
Private classes available

4:45PM **Beginners**

5:30PM
Intermediate

6:30PM **Teens and Adults**

THURSDAY

4:00-4:30PM
Private classes available

4:45 PM **Tiny Tigers**

5:30PM
Intermediate

6:30PM **Beginners**

7:30PM **Teens and Adults**

SATURDAY

9:15AM **Teens and Adults**

10:15AM **Beginners**

11:15AM
Intermediate

Birthday Parties
Up to 15 kids, pizza and drinks included

Private classes
We offer private/semi-private classes (1-4 students):

- catch up or jump ahead
- prepare for belt test
- child who needs extra attention

Tiny Tigers
age: 3.5-5

Beginners
age: 5.5 +

Intermediate
Orange -> Red belt

Teend and Adults
age: 13+
Martial Arts, Fitness,
Strenght