

Martial Arts Offered:

Karate

Bully-Defense

Brazilian Jui-Jutsu

Kickboxing

Cardio Fit

Boxing

Fun Fit

Yoga

Tuition = \$95.00 per month

Which entitles all students to unlimited training.

*** monthly draft is required for all classes if not paid for in full for the year**

Day Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Karate Ages 5—8 9:00 —9:45	
					Karate Ages 9—11 9:45—10:30	
					Karate Ages 12 + 10:30—11:30	

Night Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Bully Defense Ages 7—12 4:30—5:15	Kickboxing Ages 7—11 4:30—5:15	Fun Fit Ages 7—11 4:30—5:15	Kickboxing Ages 7—11 4:30—5:15	Gi Bully Defense Ages 7—12 4:30—5:15		Yoga Teen / Adult 3:00—4:00
Karate Ages 9—11 5:15—6:05	Karate Ages 5—8 5:15—6:00	Karate Ages 12 + 5:15—6:00	Karate Ages 5—8 5:15—6:00	Karate Ages 9—11 5:15—6:05		Women’s Self-Defense 4:00 —5:00
Gi Brazilian Jui-Jutsu Teen / Adult 6:10—7:00	Boxing Teen / Adult 6:10—7:00	Kickboxing Teen / Adult 6:00—6:50	Karate Ages 12 + 6:00—7:00	Cardio Fit Teen / Adult 6:10—7:00		Kickboxing Teen / Adult 5:00—6:00
Brazilian Jui-Jutsu Teen / Adult 7:00—8:00	Cardio Fit Teen / Adult 7:00—7:50	Brazilian Jui-Jutsu Teen / Adult 7:00—8:00	Boxing Teen / Adult 7:00—8:00			Jui-Jutsu Drills Teen / Adult 6:00—6:45
						Brazilian Jui-Jutsu Teen / Adult 6:45—8:15