

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Morning Yoga 6:00 – 7:00 am		Adults Morning Yoga 6:00 – 7:00 am			Kid's Open Mat Ages 6-15 11:00 – 12:00 pm	Private Lessons (Call To Schedule)
Beginners Program 1 12:00 – 1:00 pm		Beginners Program 1 12:00 – 1:00 pm		Beginners Program 1 12:00 – 1:00 pm		
Kids Program 1 Ages 9-12 5:00 – 6:00 pm	Kids Program 1 Ages 9-12 5:00 – 6:00 pm	Kids Program 1 Ages 9-12 5:00 – 6:00 pm	Kids Program 1 Ages 9-12 5:00 – 6:00 pm	Kids Program 1 Ages 9-12 5:00 – 6:00 pm	Adult's Open Mat Ages 16+ 12:00 pm – 2:00 pm	
Beginners Program 1 5:00 – 6:00 pm	Beginners Program 2 5:00 – 6:00 pm	Beginners Program 1 5:00 – 6:00 pm	Beginners Program 2 5:00 – 6:00 pm	Beginners Program 1 5:00 – 6:00 pm		
Advanced Program Ages 16+ 6:00 – 7:00 pm	Sparring Techniques Ages 16+ 6:00 – 7:00 pm	Advanced Program Ages 16+ 6:00 – 7:00 pm	Sparring Techniques Ages 16+ 6:00 – 7:00 pm	Advanced Program Ages 16+ 6:00 – 7:00 pm		