



Studio 1							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00-10:00am						Advanced TSD karate Red belt+	
5:15pm – 6:00pm	TSD Karate Group A (5:15 – 6:00) 4-7 Years	TSD Karate Group B (5:15 – 6:00) 4-7 Years	TSD karate Group A (5:15 – 6:00) 4-7 Years	TSD Karate Group B (5:15 – 6:00) 4-7 Years	TSD karate Group A + B Sparring (5:15 – 6:00) 4-7 Years		
6:00pm – 7:00pm	TSD karate Group A 8-14 Years	TSD karate Group B 8-14 Years	TSD karate Group A 8-14 Years	TSD karate Group B 8-14 Years	Sparring Group A & B & adults 8+ Years		
7:00pm – 8:00pm		TSD karate 15+ Years		TSD karate 15+ Years			



Studio 2							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am-6:30am							
11:00am-12:00pm						Boxing	
12:00pm -1:00pm						Kickboxing	
5:00pm – 6:00pm		BJJ		BJJ			
6:00pm – 7:00pm	MMA	KIDS MMA	MMA	KIDS MMA	MMA		
7:00pm – 8:00pm	Kickboxing	Boxing	Kickboxing	Boxing	Kickboxing		