2026 Group Class Schedule (Teen & Adult)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 AM		**Kickboxing Drills** All Levels 10:30am - 11am		**Kickboxing Drills** All Levels 10:30am - 11am		
		Kung Fu Forms All Levels 11am - 11:30am		**Kung Fu Forms** All Levels 11am - 11:30am		
11:30 AM						
						Sparring/ Open Mat All Levels 11:45am - 12:30pm
12:30 PM						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 PM					
7:00 PM	**Strength/ Conditioning** All Levels 6:30pm - 7:15pm	**Kung Fu** Beginner 6:30pm - 7:15pm **Tai Chi** All Levels 6:30 - 7:15	**Animal Flow** All Levels 6:30pm - 7:15pm	**Kung Fu** Beginner 6:30pm - 7:15pm **Tai Chi** All Levels 6:30 - 7:15	**Self Defenses/ Ground Techniques** All Levels 6:30pm - 7:15pm
	Kickboxing/Sanda Padwork & Drills All Levels 7:15pm - 8pm	**Kung Fu** Int. / Adv. 7:15pm - 8pm	**Kickbox/ Sanda** All Levels 7:15 - 8 **BSC** Teen/Adult **7:15 - 8**	**Kung Fu** Int. / Adv. 7:15pm - 8pm	**Kickboxing/Sanda Padwork & Drills** All Levels 7:15pm - 8pm
8:00 PM	**CLOSED SESSION** 8pm - 8:45pm	**Sparring/Open Mat** All Levels 8pm-8:45pm	**Black Sash Only** Kung Fu/Tai Chi 8pm - 8:45pm	**Sparring/Open Mat** All Levels 8pm-8:45pm	**CLOSED SESSION** 8pm - 8:45pm

Tigers: Ages: 7 and under	Leopards: Beginners Ages: 7 - 12	Lions: Int./Adv. Ages: 7 - 12	Dragons: Ages: Teen/Adult