

CLASS	AGES	MON	TUES	WEDS	THURS	FRI	SAT
APF/MMA							
Boxing	16+ yrs		6-8pm				
Muay Thia Kickboxing	16+ yrs				5-8pm		1-4pm
Wrestling/Jujitsu	16+ yrs			5-8pm			
APF/ MMA Youth	8-15 yrs		5-6pm				
Mann's PIT	16+ yrs			5-6pm	5-6pm		1-2pm
Shakeh/Jeet Kune	16+ yrs				6-8pm		9-11am
Shakeh Kids Martial Arts	5-13 yrs						11-noon
Street Self Defense	14+ yrs	9:30-11:30am			10-11:30am		
Bushidokan	15+ yrs	7-8:30pm		7-8:30pm			
Bushidokan Youth	8-14 yrs	6-6:50pm		6-6:50pm			
Little Dragons	4-7 yrs			5-5:45pm			