

| TIME          | MONDAY                              | TUESDAY                | WEDNESDAY              | THURSDAY               | FRIDAY                 | SATURDAY        |
|---------------|-------------------------------------|------------------------|------------------------|------------------------|------------------------|-----------------|
| 9:30 - 10:30  | ADULTS (18+) SELF-DEFENSE & FITNESS |                        |                        |                        |                        | JUNIORS (10-12) |
| 10:30 - 11:30 | ADULTS (18+) SELF-DEFENSE & FITNESS |                        |                        |                        |                        | TEENS (13-17)   |
| 11:30 - 12:30 | OPEN TATAMI                         |                        |                        |                        |                        | ADULTS (18+)    |
| 2:00 - 4:00   | OPEN TATAMI                         |                        |                        |                        |                        |                 |
| 4:00 - 4:40   | LITTLE TIGERS<br>(5-7)              | LITTLE TIGERS<br>(5-7) | LITTLE TIGERS<br>(5-7) | LITTLE TIGERS<br>(5-7) | LITTLE TIGERS<br>(5-7) |                 |
| 4:45 - 5:30   | JUNIORS (8-12)                      | JUNIORS (8-12)         | JUNIORS (8-12)         | JUNIORS (8-12)         | JUNIORS (8-12)         |                 |
| 5:40 - 6:40   | PRE-TEENS (10-12)                   | PRE-TEENS (10-12)      | PRE-TEENS (10-12)      | PRE-TEENS (10-12)      | PRE-TEENS (10-12)      |                 |
| 6:45 - 7:45   | TEENS (13-17)                       | TEENS (13-17)          | TEENS (13-17)          | TEENS (13-17)          | TEENS (13-17)          |                 |
| 7:50 - 8:50   | ADULTS (18+)                        | ADULTS (18+)           | ADULTS (18+)           | ADULTS (18+)           | ADULTS (18+)           |                 |