

CLASS SCHEDULE
(effective January 2022)

Monday

5:00 - 6:00 pm Grappling
6:00 - 6:45 pm JKD (Kickboxing)
6:45 – 7:15 pm JKD (Trapping/Tactile Awareness)
7:15 - 8:00 pm Kali/Escrima

Tuesday

10:00 - 11:00 am JKD/Kali
6:30 - 7:00 pm Kali/Escrima
7:00 – 7:30 pm JKD (Trapping/Tactile Awareness)
7:30 – 8:15 pm JKD (Kickboxing)
8:15 – 8:45 pm Sparring

Wednesday

7:00 - 8:30 am JKD - Kali/Escrima (All Levels)
6:00 – 6:45 pm Kali/Escrima
6:45 – 7:15 pm JKD (Trapping/Tactile Awareness)
7:15 - 8:00 pm JKD (Kickboxing)
8:00 – 8:30 pm Sparring

Thursday

10:00 - 11:00 am JKD/Kali
6:30 - 7:00 pm Kali/Escrima
7:00 – 7:30 pm JKD (Trapping/Tactile Awareness)
7:30 – 8:15 pm JKD (Kickboxing)

Friday

4:00 - 5:00 pm JKD
5:00 - 6:00 pm Grappling
6:30 - 7:30 pm JKD (Glove Training)

Saturday

9:30 - 10:30 am Kali/Escrima
10:30 - 11:30 am JKD (All Levels)
11:30 - 12:00 pm Sparring

Sunday

8:45 am - 9:45 am S.T.OK.E. Workout