

CHRIS KENT JKD/KENT INSTITUTE OF MARTIAL ARTS

CLASS SCHEDULE

(effective April 2022)

Monday

12:00 – 1:00pm JKD/FMA
5:00 - 6:00 pm Grappling
6:00 - 7:00pm JKD
7:00 - 7:30 pm JKD Trapping/Tactile Awareness
7:30 - 8:00 pm Filipino Martial Arts (Kali/Escrima)

Tuesday

10:00 - 11:00 am JKD/Kali
6:30 - 7:00 pm Filipino Martial Arts (Kali/Escrima)
7:00 – 8:00 pm JKD

Wednesday

7:00 - 8:30 am JKD
6:00 – 7:00 pm Filipino Martial Arts (Kali/Escrima)
7:00 – 8:00 pm JKD

Thursday

10:00 - 11:00 am JKD/Kali
6:30 - 7:30 pm JKD
7:30 – 8:00 pm Filipino Martial Arts (Kali/Escrima)

Friday

4:00 - 5:00 pm Grappling
5:00 - 6:00 pm JKD
6:00 - 6:30 pm JKD Tactile/Energy Training
6:30 – 7:30 pm JKD Tool/Skill Development

Saturday_

9:30 - 10:30 am Filipino Martial Arts (Kali/Escrima)
10:30 - 11:30 am JKD
11:30 - 12:00 pm Sparring (Instructor permission required)

Sunday_

9:00 am – 10:00 am S.T.OK.E. Exercise Workout