

Class Schedule

MONDAY

6:30 - 7:00pm Kali/Escrima
7:00 - 8:00 pm JKD

TUESDAY

6:30 - 7:00 pm Kali/Escrima
7:00 – 8:00 pm JKD

WEDNESDAY

7:00 - 8:30 am JKD

6:30 – 7:00 pm Kali/Escrima
7:00 – 8:00 pm JKD

THURSDAY

6:30 - 7:00 pm Kali/Escrima
7:00 – 8:00 pm JKD

FRIDAY

6:30 – 7:30 pm JKD Glove Training

SATURDAY

8:30 am - 9:30 am S.T.OK.E. Exercise Workout

10:00 - 11:00 am Kali/Escrima
11:00 - 12:00 pm JKD

*- Class schedule subject to change without notice