

# KENT INSTITUTE OF MARTIAL ARTS

## Class Schedule

(effective October, 2022)

### **Monday**

12:00 – 1:00pm JKD/Kali-Escrima

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

6:00 – 7:00 pm Kali/Escrima

7:00 – 8:00 pm JKD

### **Thursday**

10:00 - 11:00 am JKD/Kali

6:30 - 7:00 pm Kali/Escrima

7:00 – 8:00 pm JKD

### **Friday**

6:00 - 6:30 pm JKD Tactile/Energy Training

6:30 – 7:30 pm JKD Glove Training

### **Saturday\_**

10:00 – 11:00 am Kali/Escrima

11:00 – 12:00 pm JKD

### **Sunday\_**

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