

Monday	Tuesday	Wednesday	Saturday
			Women's Over 35s
			10:00am - 10:45pm
			Raptors 3 - 6yr
			11:00am - 11:30pm
			Little Ninjas 7 - 10yr
			11:45am - 12:30pm
			Women's
			12:45pm - 1:30pm
			Fundamentals
	Junior 7 - 14yrs		
	6:00pm - 6:45pm		
Women's	Sparring / Fitness	Women's	Ninjas 11 - 14yr
6:30pm - 7:15pm		6:30pm - 7:15pm	1:45pm - 2:30pm
Fundamentals	Women's Fundamentals	Fundamentals	
	7:00pm - 7:45pm		
Women's	Fundamentals	Women's	
7:30pm - 8:15pm		7:30pm - 8:15pm	
Yellow Belts		Yellow Belts	
Mixed Classes		Mixed Classes	
8:30pm - 9:15pm		8:30pm - 9:15pm	
Sparring Class		Fundamentals / Fitness	



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