



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10am							Kung Fu Kids (Ages 4-11) 10-11am	SAFE: Women's Self-Defense 10am-1pm <i>See website to register for next session, or email to schedule a private workshop!</i>
11am							Advanced SKK Workout (Green+) 11am-12pm	
12pm							Shaolin Kempo Karate 12-1pm	
1pm							Sparring/ Open Workout 1-2pm	
2pm							Kickboxing 2-3pm	
4:30pm	Kickboxing 4:30-5:30pm			Kickboxing 4:30-5:30pm				
6pm	Shaolin Kempo Karate 6-7pm	Kickboxing 6-7pm		Shaolin Kempo Karate 6-7pm	Kickboxing 6-7pm			
7pm	Kickboxing 7-8pm	Shaolin Kempo Karate 7-8pm		Kickboxing 7-8pm	Shaolin Kempo Karate 7-8pm			
8pm	Shaolin Kempo Karate 8-9pm	Kickboxing 8-9pm		Shaolin Kempo Karate 8-9pm	Kickboxing 8-9pm			