

MMA FLOOR

Monday	Tuesday	Wednesday	Thursday	
4:30 pm Intermediate	4:30 pm Lil' Kickers	4:30 pm Beginner White/Yellow	4:30 pm Sparring Class	
5:15 pm Advanced	5:00 pm Beginner White/Yellow	5:00 pm Beginner Orange/Green	5:00 pm Intermediate	
6:00 pm Black Belt	5:30 pm Beginner Orange/Green	5:30 pm Lil' Kickers	5:45 pm Advanced	
6:45 pm Adult/Teen	6:00 pm Adult Teen	6:00 pm Advanced	6:30 Adult/Teen	
		6:45 pm Adult/Teen		

SPRING FLOOR

Monday	Tuesday	Wednesday	Thursday	Saturday
4:30 pm Lil' Kickers	4:30 pm Sparring	4:30 pm Weapons 1 &2	4:30 pm Lil' Kickers	9:00 am Open Mat
5:00 pm Beginner White-Green	5:15 pm Sport Karate Fundamentals	5:15 pm Intermediate	5:00 pm Beginner White/Yellow	10:00 am All Belts Class
5:30 pm Weapons1	6:00 pm Tricking	6:00 pm Black Belt	5:30 pm Beginner Orange/Green	11:00 am Sparring
6:15 pm Weapons 2	6:30 pm Competition Forms	6:45 pm Demo	6:00 pm Black Belts	11:45 Demo
	7:00 pm Demo			

Demo Practice will not be held every time each week. Both the Cheese Fest Demo Team and the Team Conquer Demo Team will be meeting once weekly to practice their respective demos.