



CLASS SCHEDULE

3751 Sumner Blvd, Suite 130, Triangle Town Center Mall, Raleigh, NC 27616

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM						
	10:30AM BJJ		10:30AM BJJ		9AM BJJ	
11AM-12:30PM T.H.K. Hoshinsul/Hapkido & Kickboxing					11-12 Open Workout	
PM						
				12PM-1:30PM T.H.K. Hoshinsul/Hapkido & Kickboxing	12-2PM Judo (Mix Kids/Adult)	
					2-4PM Filipino Kali	
			4-6PM Krav Maga			4-6PM Krav Maga
5-6:30PM Kids Judo	5-7PM Krav Maga	5-6:30PM Kids Judo				
6:30-7:30PM Adult Judo		6:30-7:30PM Adult Judo				
7:30PM BJJ	7:00PM Aikido	7:30PM BJJ	7:00PM Aikido			