

Check Facebook for class updates and workshops. Schedule and instructors may change.

	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
9am		Open Mat					Combat Hapkido
10am			Karate	Qigong	Karate		Karate
11am							Kids Karate
4:30		Kids Karate		Kids Karate			
5pm		Karate		Karate			
5:30			Kids Karate		Kids Karate		
6pm		Junior Jiu Jitsu	Karate	Demo Team	Karate		
7pm		OPEN MAT Jiu Jitsu	Combat Hapkido		Combat Hapkido		

Kids Karate ages 5-7 (pink) 30 mins

Karate ages Youth 8+ / Teen / Adults All Levels (yellow) 45/60 mins

Advanced Karate: Brown and Above Tues/Thurs 6pm 45/60 mins

Weapons: Purple and Above Tues/Thurs 6pm

Combat Hapkido Teen and Adult 1 hour

Open Mat/Floor Jiu Jitsu or MMA

Qigong Energy Movement

\*Seminars: Self Defense, Qigong Tai Chi, Kids Stranger Awareness/Bully Busting



Please message/call regarding Personal Training and Nutritional Guidance= [www.PadmeGrace.com](http://www.PadmeGrace.com)

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