

Check Facebook for class updates and workshops.

This schedule and instructors can change at any time.

	Sun	Mon	Tues	Weds	Thurs	Fri	Sat
9am							Jiu-Jitsu
10am			Karate		Karate		Karate
11am			Adult Karate		Adult Karate		Kids Karate
4:30		Kids Karate		Kids Karate			
5pm		Karate Beg		Karate Beg		Karate	
5:30			Kids Karate		Kids Karate		
6pm		Wellness Group	Karate	Kickboxing Fitness	Karate	Junior Jiu Jitsu	
7pm		Jiu Jitsu	Combat Hapkido	Jiu Jitsu	Combat Hapkido	Jiu Jitsu	

Kids Karate ages 5-7 (pink)

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

Advanced Karate: Brown and Above Tues/Thurs 6pm

*Weapons: Purple and Above Tues/Thurs 6pm

Combat Hapkido Teen and Adult

Jiu Jitsu Teen and Adult

Junior Jiu Jitsu Youth

*Ladies Self Defense, Qigong Tai Chi, Kids Stranger Awareness/Bully Busting

Please message/call regarding Personal Training and Nutritional Guidance= www.PadmeGrace.com

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