



**Winter Session, Starts Jan 7th – Spaniards Bay Dojo**

Schedule Subject to Change, For More Info Please Contact

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**New Student Registration:**

**Wednesday 5:30 – 10 pm, Saturday 12:00 – 6 pm and Sunday's 12:00 – 8 pm.**

<b>Sunday (Sparring Day)</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Saturday (Kata Day)</b>
12:00 White Yellow Orange 4-7 Yrs	6:15 Jr White Yellow 4-6	6:00 – 6:45 Family Class (All Levels)	5:15 Jr MMA/ Kickboxing	6:15 Jr White Yellow 4-6	12:00 White Yellow 4-7 Yrs
12:45 White Yellow Orange 7-12 Yrs	7:00 Jr White Yellow Orange 7-12 Yrs	7:00 Lady Kickboxer Boot Camp	6:00 – 6:45 Jr Jiu Jitsu	7:00 Jr White Yellow Orange 7-12 Yrs	12:45 White Yellow 7-12 Yrs
1:30 Jr Purple Green Blue/ Advanced	7:45 Adult Kenpo	8:00 Gracie Jiu Jitsu	7:00 Lady Kickboxer Boot Camp	7:45 Gracie Jiu Jitsu	1:30 Jr Orange Belt
2:15 Jr Jiu Jitsu	8:45 Kickboxing		8:00 Gracie Jiu Jitsu	8:45 Kickboxing	2:15 Jr Purple Green Blue/ Advanced
4:00 Gracie Jiu Jitsu			9:00 Adult Kenpo		3:00 – 3:45 Jr MMA/ Kickboxing
5:00 Adult Kenpo					4:00 – 5:30 Gracie Jiu Jitsu
6:00 Kickboxing					
7:00 Lady Kickboxer Boot Camp					

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