Weekly Schedule

	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday		
	Floor 1	*Floor 2*	*Floor 3*	*Floor 1*	*Floor 2*	*Floor 3*	*Floor 1*	*Floor 2*	*Floor 3*	*Floor 1*	*Floor 2*	*Floor 3*	*Floor 1*	*Floor 2*	*Floor 3*	*Floor 1*	*Floor 2*	*Floor 3*
8:00 AM																		
																Blackbelt Training*		
9:00 AM	**Kickboxing**						**Kickboxing**						**Kickboxing**			8:00 - 9:00		
	Fitness / Conditioning						Fitness / Conditioning						Fitness / Conditioning			**Tournament Team**		
10:00 AM	9-9:45						9-9:45						9-9:45			Training Drills		
																Conditioning		
11:00 AM																Sparring		
																9:00 - 12:00		
12:00 PM	**Private/Open Floor**						**Private/Open Floor**						**Private/Open Floor**					
	12:00-1:00						12:00-1:00						12:00-1:00					
1:00 PM																		
2:00 PM																		
3:00 PM																**Monthly Workshop**		
																Time TBD		
4:00 PM					**KickFit**						**KickFit**		**Tournament Team**			Topic TBD		
					4-5pm						4-5pm		Poomsae/Freestyle					
4:30 PM													4-5:30pm					
5:00 PM	**Dragons**	**Black Belt Club**		**Black Belt Club**			**Black Belt Club**			**Dragons**								
	Sparring	Poomsae		Training			Sparring			Training								
5:30 PM	5-6pm	5-6pm		5-6pm			5-6pm			5-6pm			**Weapons**					
													BBC, Adults					
6:00 PM	**Adults - Level 1**			**Blackbelt Training 6pm ***		**Open Floor**	**Dragons**			**Kickboxing**		**Comp**	5:30-6:30pm					
	Poomsae		Competition Team	**Kickboxing**			Poomsae			Fitness/Conditioning		Condition						
6:30 PM	6-7pm		(poomsae)	Fitness/Conditioning			6-7pm			6-6:45pm			**Adults**					
				6:15-7pm						**Adults - Level 2**		**Adults - Level 1**	Training					
7:00 PM	**Adults - L1**	**Adult/Teen Black Belts Only**		**Adults**			**Kickboxing**		**Open Floor**	Poomsae		Open Floor	6:30-7:30					
	Open Floor	7-8pm		Sparring			Fitness/Conditioning			6:45-8pm						**Adults Level 1:**		
7:30 PM	**Hapkido**			7-8pm			7-7:45pm		**Hapkido**			**Hapkido**				*White to green belts*		
	7:30-8:30pm								7:30-8:30pm			7:30-8:30pm				**Adults Level 2:**		
8:00 PM																*Blue belts + up*		
8:30 PM																		
																***Seasonal**		
9:00 PM																		