

# CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
INTERNAL	INTERNAL	INTERNAL	
KUNG FU MIXED	KUNG FU MIXED	KUNG FU MIXED	
LITTLE WARRIOR	LITTLE WARRIOR	LITTLE WARRIOR	LITTLE WARRIOR
YOUTH KUNG FU BEG/INTER	WU-SHU MIXED	YOUTH KUNG FU BEG/ INTER	WU-SHU MIXED
ADULT KUNG FU BEG/ INTER	YOUTH ESCRIMA-KALI ARNIS	ADULT KUNG FU BEG/INTER	YOUTH ESCRIMA-KALI-ARNIS
KUNG FU ADVANCED BLACK SASH	ADULT ESCRIMA-KALI-ARNIS	KUNG FU ADVANCED BLACK SASH	ADULT ESCRIMA - ARNIS - KALI

FRIDAY	SATURDAY
	INSTRUCTOR CLASS
	GRAPPLING
	XMA
COMP. SPARRING AND CONDITION	

EFFECTIVE  
SEPTEMBER 26TH 2009