



Full Circle Martial Arts Class Schedule Effective May 2016

Age Range		Belt Level	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Little Ninjas	3-4 Years				10:00 - 10:30 am				
Junior Tigers	4 - 6 Years	All	5:30 - 6:00 pm		5:30 - 6:00 pm			10:30 - 11:15 am	
Tigers	7 - 12 years	White to Orange	6:15 - 7:00 pm				5:15-6:00 pm	10:30 - 11:15 am	
Warriors	7 - 12 Years	Green to Black		5:15 - 6:00 pm	6:15 - 7:00 pm		6:00 - 6:45 pm	10:30 - 11:15 am	
Teen Warriors/ Open Mat Class	All	All							
Adults	Adult	White to Black	7:15 - 8:30 pm		7:15 - 8:30 pm		7:15 - 8:30 pm	9:15 - 10:15 am	
Kickboxing*	All		9:30 - 10:30am KB 4:20-5:20pm KB 5:45-6:45pm Full Body Blast**	9:30-10:30am KB 4:15-5:10pm KB 5:15-6:00pm TRX** 6:10-7:10pm KB	9:30-10:30am KB 5:00-6:00pm Bootcamp** 6:00-7:00pm Yoga**	9:30-10:30am KB 4:15-5:15pm KB 5:15-6:00pm TRX** 6:10-7:10pm KB	9:30 - 10:30am KB w/weights	8:00-9:00am KB	8:00-9:00am Bootcamp
Jiu Jitsu* / **	Kids	Mat 2		6:00 - 6:30 pm		6:00-6:30pm			
Jiu Jitsu* / **	Adults	Mat 2		6:30-7:30pm		6:30-7:30pm		10:30-11:30am	
Kobudo*	All					5:00-6:00pm			
Wrestling*									4:00pm --
Bill Troy Jiu Jitsu*									10:00-12:00pm

* Denotes extra charge for class

** Denotes classes held on Mat 2