



2024 Schedule



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Help stop the spread of flu and colds: Wash hands / Sanitize

	M	T	W	Th	F	S
3:30	Junior All Belt	Junior All Belt Lil Action Heroes KICK-NASTICS	Junior Color Belt White - Brown	Junior All Belt Lil Action Heroes KICK-NASTICS	Junior All Belt KICKNASTICS Beginners up to 9 years old 3:30 - 4:30pm	SATURDAY Lil Action Heroes 9am
4:00	Lil Action Heroes	Lil Action Heroes	Lil Action Heroes	Lil Action Heroes	Lil Action Heroes	SATURDAY 9am Junior All Belt and 9am Adult color belts
4:30	Lil Action Heroes *Brown Belts & Higher juniors	Lil Action Heroes Adult color belts	Lil Action Heroes *Brown Belts & Higher juniors	Lil Action Heroes Adult color belts	Lil Action Heroes KICKNASTICS Inter. & Adv. 10+ years old *Brown Belts & Higher juniors	
5:00	Lil Action Heroes	Lil Action Heroes KICK-NASTICS	Lil Action Heroes	Lil Action Heroes KICK-NASTICS	Lil Action Heroes	PRIVATE LESSONS AVAILABLE! SIGN UP AT FRONT DESK
5:30	Adult color belts All Black Belt	BLACK BELT open floor Junior All Belt	Adult color belts Black Belt 2 hour training 5:30 - 7:30	BLACK BELT open floor Junior All Belt	DEMO TEAM practice Junior All Belt	*Brown Belts and higher: line up with sparring gear
6:30	Adult & black belt Sparring	ADVANCED ESKRIMA Adult color belts		ADVANCED ESKRIMA Adult color belts	All Black Belt	Stay updated and connected!