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On Site Family Martial Arts Center - Master Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:00 AM						8:00 - 9:00 Hapkido	
	8:30 - 9:15 Adult Fitness	8:30 - 9:30 Adult Fitness		8:15 - 9:15 Adult Fitness	8:15 - 9:15 Adult Fitness		
9:00							9:00 - 10:00 Adult Fitness, Kuhapdo, Tang Soo Do, 9:30 - 10:00 Lil Dragons
10:00				9:30 - 10:15 Isshin Ryu (All)			
						10:15 - 11:00 Sparring (All)	
11:00						11:00 - 11:30 Sparring (Adults)	
						11:30 - 12:00 Isshin Ryu Kata (All)	
12:00 PM	12:00 - 1:00 Isshin Ryu (All)		12:00 - 1:00 Isshin Ryu (All)			12:00 - 12:30 Isshin Ryu Kata (BB)	
1:00				1:10 - 1:40 Lil Dragons			1:00 - 3:00 Taekwondo
2:00							
	2:45 - 3:35 ASP Isshin Ryu @ New Franklin						
3:00			3:00 - 4:00 ASP Isshin Ryu @ East Kingston	3:00 - 4:00 ASP Isshin Ryu @ Dondero & @ Berwick Acad		3:00 - 4:15 Yoga	
4:00							
					4:15 - 4:45 Sparring (All)		
5:00	5:00 - 5:45 Isshin Ryu Kata (W) Kempo/ Kids	5:00 - 6:00 Isshin Ryu (All) Kempo/Kids	5:00 - 6:00 Sparring	4:45 - 5:30 Isshin Ryu (HP,B,HB) Kempo/ Kids	4:45 - 5:30 Isshin Ryu Self Defense (All)		
	5:45 - 6:30 Isshin Ryu Kata (Y,O,G) Kempo/ Adults			5:30 - 6:15 Isshin Ryu (G,B,P) Kempo/ Adults	5:35 - 6:00 Isshin Ryu Self Defense (Adult)		
6:00	6:30 - 7:15 Isshin Ryu Kata (B,HB,P, HP)		6:00 - 7:00 Isshin Ryu BB Kuhapdo	6:00 - 7:00 Taekwondo Kyusho Jitsu	6:15 - 7:00 Isshin Ryu (W,Y,O)	6:00 - 7:00 Taekwondo	7:00 - 7:15 Yoga
7:00	7:15 - 8:00 Isshin Ryu Kata(Br,BB)	7:00 - 8:00 Hapkido Kempo/ Adults		7:00 - 7:45 Isshin Ryu BB	6:30 - 7:00 Hapkido (BB)		
			7:15 - 8:30 Tang Soo Do	7:30 - 8:30 Capoeira	7:00 - 8:00 Hapkido Kempo		
8:00			8:00 - 9:00 Yoga	8:00 - 9:00 Yoga	7:45 - 9:00 Kyusho Jitsu	6:00 - 7:00	
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Legend:
 ASP After School Program
 BBC Black Belt Club

*Isshin Ryu Belt Promotion is on the 1st Friday of each month
 **Isshin Ryu BBC is on the 2nd Friday of each month

Updated 2/23/12