

	Mon	Tues	Wed	Thurs	Fri	Sat
10:30 - 11:10am						Little Tigers
11:15 - 12:00						Kids and Juniors Combo Class All Belts
12:00pm –1:00pm						Family Class
4:10pm - 4:50pm			Little Tigers			
5:00 - 5:45pm	Kids White to Green Belt	Kids White to Green Belt	Kids Junior Combo Class	Kids Class All Belts	Kids and Junior Class All Belts	
5:50 - 6:35pm	Kids Blue to Black Belt	Kids Blue to Black Belt	Kids Sparring Class Must have equipment	Family Class All Belts	Black Belt Class	
6:40 – 7:30pm	Junior Class All Belts	Junior Class All Belts	Junior Sparring Class Must have equipment	Junior Class All Belts	Adult Class All Belts	TEAM ONE OLYMPIC TRAINING
730 – 8:30pm	Adults Class All Belts	Adults Class All Belts	Adult Sparring Class Must have equipment	Adults Class All Belts	Fitness Kickboxing	2-5 PM NIAGARA FALLS BRING EQUIPMENT