

Kids Classes

Adult Classes

Specialty Classes



March 2023



SUN	MON	TUE	WED	THU	FRI	SAT
	27 Noon - Gi Class 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - Gi	28 6 AM - No Gi Class 5:30 PM - Kids (4-6) 6:15 PM - <i>Women's Gi</i> 7:15 PM - "The Lab"	1 9 AM - Gi Class Noon - NOGi Rolling 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - NO Gi	2 6 AM - Gi Class 6 PM - Kickboxing 7 PM - Adult Beginner Class, Week 9	3 Noon - NOGi Class 5 PM - Kids Kickboxing 6 PM - Kids Competition 7 PM - STAQD (GI)	4 8 AM - Muay Thai 9:30 AM - Kids (4-6) 10 AM - Kids (all) 11 AM - Adult Beginner Class, Week 8 Noon - Open Mat
5 11 AM - Flow 12 PM - Self Defense 5 PM - Gi	6 Noon - Gi Class 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - Gi	7 6 AM - No Gi Class 5:30 PM - Kids (4-6) 6:15 PM - <i>Women's Gi</i> 7:15 PM - "The Lab"	8 9 AM - Gi Class Noon - NOGi Rolling 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - NO Gi	9 6 AM - Gi Class 6 PM - Kickboxing 7 PM - Adult Beginner Class, Week 10	10 Noon - NOGi Class 5 PM - Kids Kickboxing 6 PM - Kids Competition 7 PM - STAQD (NOGI)	11 8 AM - Muay Thai 9:30 AM - Kids (4-6) 10 AM - Kids (all) 11 AM - Adult Beginner Class, Week 9 Noon - Open Mat
12 11 AM - Flow 12 PM - Self Defense 5 PM - Gi <i>Noon - Women's Open Mat at Crossover</i>	13 Noon - Gi Class 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - Gi	14 6 AM - No Gi Class 5:30 PM - Kids (4-6) 6:15 PM - <i>Women's Gi</i> 7:15 PM - "The Lab"	15 9 AM - Gi Class Noon - NOGi Rolling 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - NO Gi	16 6 AM - Gi Class 6 PM - Kickboxing 7 PM - Adult Beginner Class, Week 11	17 Noon - NOGi Class 5 PM - Parents Night Out for St. Patricks	18 8 AM - Muay Thai 9:30 AM - Kids (4-6) 10 AM - Kids (all) 11 AM - Adult Beginner Class, Week 10 Noon - Open Mat
19 11 AM - Flow 12 PM - Self Defense 5 PM - Gi	20 Noon - Gi Class 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - Gi	21 6 AM - No Gi Class 5:30 PM - Kids (4-6) 6:15 PM - <i>Women's Gi</i> 7:15 PM - "The Lab"	22 9 AM - Gi Class Noon - NOGi Rolling 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - NO Gi	23 6 AM - Gi Class 6 PM - Kickboxing 7 PM - Adult Beginner Class, Week 12 (open mat)	24 Noon - Neutral Ground (GI) 5 PM - Kids Kickboxing 6 PM - Kids Competition 7 PM - STAQD (GI)	25 8 AM - Muay Thai 9:30 AM - Kids (4-6) 10 AM - Kids (all) 11 AM - Adult Beginner Class, Week 11 Noon - Open Mat
26 11 AM - Flow 12 PM - Self Defense 5 PM - Gi	27 Noon - Gi Class 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - Gi	28 6 AM - No Gi Class 5:30 PM - Kids (4-6) 6:15 PM - <i>Women's Gi</i> 7:15 PM - "The Lab"	29 9 AM - Gi Class Noon - NOGi Rolling 5:10 PM - Kids Beginner 6 PM - Kids Advanced 7 PM - NO Gi	30 6 AM - Gi Class 6 PM - Kickboxing 7 PM - Adult Beginner Class, Week 1	31 Noon - NOGi Class 5 PM - Kids Kickboxing 6 PM - Kids Competition 7 PM - STAQD (NOGI)	

2 PM - Self Defense Seminar