

Fall 2025 though Spring 2026

***Effective September 2, 2025**

***Subject to change based on attendance.**

Start	End	Mon	Tues	Wed	Thurs	Fri	Sat
9:00	10:15						Teen/Adult Eskrima
10:30	11:00						Ages 4 & 5
11:15	12:00						Ages 6 - 8
12:00	12:45						Ages 9-13
3:30	4:00			Ages 4 & 5		Ages 4 & 5	
4:00	4:45	Ages 6 - 8	Ages 9-13	Ages 6 - 8	Ages 6 - 8	Ages 9-13	
4:45	5:15	Black Belt Club	Black Belt Club	Black Belt Club	Black Belt Club		
4:45	5:30					Ages 6 - 8	
5:15	6:00	Ages 9-13	Ages 4 - 8	Ages 9-13	Ages 9-13		
5:30	6:15					Teens & Black Belt Club	
6:00	6:45	Teen Martial Arts	Ages 9-13 & Black Belts	Teen Martial Arts	Teens & Black Belts		
6:15	7:15					BJJ	
6:45	7:45	BJJ	JKD/FMA Kickboxing	Adult Eskrima	JKD/FMA Kickboxing		
7:45	8:45			BJJ			

***JKD/FMA Kickboxing= IMAF's blend of Jeet Kune Do & empty hand Eskrima (Filipino Martial Arts) striking skills**

*** BJJ = Brazilian Jiu Jitsu**

***Eskrima = Doce Pares Multi Style System**