

UWS **Tiny Tigers**

Mon	Tues	Wed	Thurs	Fri	Sat
Ages 4 & under 3:00 - 3:30	3:30 - 4:00 5:30 - 6:00	Ages 4 & under 3:00 - 3:30	3:30 - 4:00 5:30 - 6:00	Ages 4 & under 3:00 - 3:30	Ages 4 & under 10:00 - 10:30
Ages 5 & 6 3:30 - 4:00		Ages 5 & 6 3:30 - 4:00		Ages 5 & 6 3:30 - 4:00	Ages 5 & 6 10:30 - 11:00

UES **Tiny Tigers**

Mon	Tues	Wed	Thurs	Fri	Sat
Ages 4 & under 3:00 - 3:30	3:30 - 4:00 5:20 - 5:50	Ages 4 & under 3:00 - 3:30	3:30 - 4:00 5:20 - 5:50	Ages 4 & under 3:00 - 3:30	Ages 4 & under 10:00 - 10:30
Ages 5 & 6 3:30 - 4:00		Ages 5 & 6 3:30 - 4:00		Ages 5 & 6 3:30 - 4:00	Ages 5 & 6 9:30 - 10:00

UES **Warriors**

Mon	Tues	Wed	Thurs	Fri	Sat
4:00 - 4:40 5:20 - 6:00	4:40 - 5:20 5:50 - 6:30	4:00 - 4:40 5:50 - 6:30	4:40 - 5:20 5:50 - 6:30	4:00 - 4:40 5:20 - 6:00	11:00 - 11:40am

UWS **Warriors**

Mon	Tues	Wed	Thurs	Fri	Sat
4:00 - 4:40 5:20 - 6:00	4:40 - 5:20 6:00 - 6:40	4:00 - 4:40 5:20 - 6:00	4:40 - 5:20 6:00 - 6:40	4:00 - 4:40 5:20 - 6:00	10:30 - 11:00am 11:00 - 11:40am

UWS Teen & Adult

Mon	Tues	Wed	Thurs	Fri	Sat
Taekwondo 6:30 - 7:15	Ages 10-14 6:00 - 6:40	Kickboxing 6:30 - 7:15	Ages 10-14 6:00 - 6:40		Striking 12:30 - 1:30 Bring Gloves Sparring gear Wear Supreme
Kickboxing 7:15 - 8:00	Striking 6:50 - 7:50	Taekwondo 7:15 - 8:00	Striking 6:50 - 7:50		

UES Teen & Adult

	Mon	Tues	Wed	Thurs	Fri	Sat
Taekwondo	6:30 - 7:15	Ages 10-14 5:50 - 6:30 Adult 7:15 - 8:00	6:30 - 7:15	Ages 10-14 5:50 - 6:30 Adult 7:15 - 8:00		11:45 - 12:30
Kickboxing	7:15 - 8:00	6:30 - 7:15	7:15 - 8:00	6:30 - 7:15		12:30 - 1:15