INTEGRATED FREESTYLE
ACADEMY OF MARTIAL ARTS

CLASS TIME TABLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					KICK BOXING 9:30pm	
					SRK TIGERS KARATE 10:30am	
					SRK DRAGONS KARATE 11:15am	
					KIDS BRAZILIAN JIU JITSU 12:00 pm	
KIDS KICKBOXING 4:30pm	SRK TIGERS 4:00pm	KIDS KICKBOXING 4:15pm	SRK TIGERS 4:30pm			
KIDS BRAZILIAN JIU JITSU 5:30pm	SRK DRAGONS 4:30pm	KIDS BRAZILIAN JIU JITSU 5:15pm	SRK DRAGONS 5:15pm			
ADULT KICKBOXING 6:30pm	KIDS BRAZILIAN JIU JITSU 5:15pm	ADULT BRAZILIAN JIU JITSU 6:15pm	ADULT KICKBOXING 6:00pm	KIDS BRAZILIAN JIU JITSU 5:30pm		
BRAZILIAN JIU JITSU 7:30pm	NO GI GRAPPLING 6:15pm	MMA & KICKBOXING CONCEPTS 7:30pm	NO GI GRAPPLING 7:00pm	SRK GENERAL 6:30pm		
	SRK ADULTS 7:00pm			Open Mat 7:30pm		

CLASS KEY

SRK - Senshin Ryu Karate

SRK TIGERS - 4 to 7 years

SRK DRAGONS - 7 to 12 years

SRK TEENS - 12 to 17 years

SRK ADULT - 18 years +