

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

OPEN SPARRING
1:00pm

BJJ GI & NO GI
12:00pm

NO GI GRAPPLING
12:00pm

SRK DRAGONS
KARATE
4:00pm

SRK TIGERS
KARATE
4:00pm

SRK TIGERS
KARATE
4:30pm

KIDS BRAZILIAN
JIU JITSU
4:45 pm

SRK DRAGONS
KARATE
4:30pm

SRK DRAGONS
KARATE
4:30pm

SRK DRAGONS
KARATE
5:15pm

SRK TEEN
KARATE
5:30pm

KIDS BRAZILIAN
JIU JITSU
5:15pm

KIDS BRAZILIAN
JIU JITSU
5:15 pm

KICK BOXING
6:00pm

KICK BOXING
6:30pm

NO GI GRAPPLING
6:00pm

BRAZILIAN JIU JITSU
6:00pm

BRAZILIAN JIU JITSU
7:00pm

SRK TEEN/ADULT
KARATE
6:00pm

BRAZILIAN JIU JITSU
7:30pm

SRK ADULTS
KARATE
7:00pm

KICK BOXING/MMA
7:15pm

SRK ADULTS
KARATE
8:00pm

BJJ OPEN MAT
7:00pm

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 +