



Karate Kyokushin

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9 AM			Kickboxing (60')				
11 AM						Karate Kyokushin (advanced) (60')	
5 PM		Karate Kyokushin (beginners) (60')		Karate Kyokushin (beginners)			
6 PM		Karate Kyokushin (intermediate) (60')		Karate Kyokushin (intermediate) (60')			
7 PM		Karate Kyokushin (advanced) (90')		Karate Kyokushin (advanced) (90')			
7:30 PM	Kickboxing (60')		Kickboxing (60')				