



Schedule effective June 28, 2010

| Class | Monday | Tuesday | Wednesday | Thursday |
|-------------------------------------|---------------|---------------|---------------|---------------|
| Tsunami/ Junior Martial Arts | | | | |
| Basic | 4:00 – 4:30pm | 4:00 – 4:30pm | 4:00 – 4:30pm | 4:00 – 4:30pm |
| MC | 4:00 – 5:00pm | 4:00 – 5:00pm | 4:00 – 5:00pm | 4:00 – 5:00pm |
| Leadership | | | | |
| Leadership | 5:00 – 6:00pm | | 5:00 – 6:00pm | |
| Adult Mixed Martial Arts | | | | |
| All Levels | 6:00-7:00pm | | 6:00-7:00pm | |



| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|----------|--------------|--------------------|--------------|--------------------|----------|----------|
| 9:00am | | | | | | | Strength |
| 9:15am | | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | |
| 10:00am | | | | | | | CrossFit |
| 12:00pm | | | Jr./Adult CrossFit | | Jr./Adult CrossFit | | |
| 2:00pm | CrossFit | | | | | | |
| 4:00pm | | Jr. CrossFit | | Jr. CrossFit | | | |
| 5:00pm | | CrossFit | CrossFit | CrossFit | CrossFit | CrossFit | |
| 6:00pm | | CrossFit | CrossFit | CrossFit | CrossFit | | |