



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		