

Self-Defense Classes

Monday

3:00-9:00pm

Tuesday

11:00am-9:00pm

Wednesday

3:00-9:00pm

Thursday

3:00-9:00pm

Private lessons by appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
3:00-3:45 JR.SKILL(mixed)	12:00 NOON ADULT SKILL		
4:15-4:45 KIDS (5-7)	1:15pm Special needs class	4:15-4:45 KIDS (5-7)	
5:00-5:45 JR. SKILL (8-12)		5:00-5:45 JR SKILL (8-12)	5:00-5:45 JR.SKILL (mixed)
	6:15-6:55 REVIEW SEE SCHEDULE		6:15-6:55 REVIEW SEE SCHEDULE
7:00-8:00 ADULT SKILL	7:00-8:00 ADULT SKILL		7:00-8:00 ADULT SKILL
	Adult Advance 8:15 SEE SCHEDULE		Adult Advance 8:15 SEE SCHEDULE

Advance classes by invite

CALL 250-746-8435

or (cell 250-732-6819)

please leave a message.

