

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Orientation 3:00-4:00		Orientation 3:00-4:00		Little Lions 10:45-11:15 ALL BELTS Ages: 4-7
Little Lions 3:30-4:00 ALL BELTS Ages: 4-5	Sparring Class 4:00-5:00 Ages: 11 & under	Little Lions 3:30-4:00 ALL BELTS Ages: 4-5	Sparring Class 4:00-5:00 Ages: 11 & under	Little Lions 3:30-4:00 ALL BELTS Ages: 4-5	Adult Class 11:15-12:15 ALL BELTS Ages: 13 +
Little Lions 4:15-4:45 ALL BELTS Ages: 6-7	Sparring Class 5:00-6:00 Ages: 12 +	Little Lions 4:15-4:45 ALL BELTS Ages: 6-7	Sparring Class 5:00-6:00 Ages: 12 +	Little Lions 4:15-4:45 ALL BELTS Ages: 6-7	
4:00-5:00 ALL BELTS Ages: 8-12	Little Lions 6:15-6:45 Intermediate/Adv Ages: 4-7	Special Needs 5:00-5:50 ALL BELTS Ages: 8-12	Little Lions 6:15-6:45 Intermediate/Adv Ages: 4-7	5:00-5:50 ALL BELTS Ages: 8-12	
6:00-6:50 Blue Belt + Up Ages: 8-12	7:00-8:30 Peak Performance Bay Area Team Training	6:00-6:50 Blue Belt + Up Ages: 8-12	7:00-8:30 Peak Performance Bay Area Team Training	6:00-6:50 Blue Belt + Up Ages: 8-12	
Adult Class 6:50-7:50 ALL BELTS Ages: 13 +		Adult Class 6:50-7:50 ALL BELTS Ages: 13 +		Adult Class 6:50-7:50 ALL BELTS Ages: 13 +	
7:50-8:50 Peak Performance Bay Area Team Training		7:50-8:50 Peak Performance Bay Area Team Training		7:50-8:50 Peak Performance Bay Area Team Training	