

Exclusive Martial Arts

2024 Schedule

Main Floor

| Monday A Day | Tuesday A Day | Wednesday A Day | Thursday B Day | Friday B Day | Saturday |
|--|--------------------------------------|-----------------------------------|--------------------------------------|---|--|
| Little Dragons 4:15pm - 4:45pm | Level 2 4:30pm - 5:15pm | Basic 4:30pm - 5:00pm | Level 2 4:30pm - 5:15pm | Little Dragons 4:15pm - 4:45pm | Fight Club 8:30am - 9:30am |
| Basic 5:00pm - 5:30pm | Level 3 5:30pm - 6:15pm | Level 1 5:15pm - 6:00pm | Level 3 5:30pm - 6:15pm | Basic 5:00pm - 5:30pm | Private Lessons 9:45am - 11:45am |
| Level 1 5:45pm - 6:30pm | Basic 6:30pm - 7:00pm | Level 2 6:15pm - 7:00pm | Basic 6:30pm - 7:00pm | Level 1 5:45pm - 6:30pm | |
| Level 2 6:45pm - 7:30pm | Black Belt 7:15pm - 8:00pm | Level 3 7:15pm - 8:00pm | Black Belt 7:15pm - 8:00pm | Level 3 6:45pm - 7:30pm | |
| Black Belt 7:45pm - 8:30pm | | | | Prep/ Conditional 6:45pm - 7:30pm | |
| | | | | Black Belt 6:45pm - 7:30pm | |

Floor 2

| Monday A Day | Tuesday A Day | Wednesday B Day | Thursday B Day | Friday | Saturday |
|---|--|---|--|---|----------|
| | Little Dragons 5:00pm - 5:30pm | | Little Dragons 5:00pm - 5:30pm | BJJ Beginners 5:30pm - 6:30pm | |
| Level 3 6:30pm - 7:15pm | Level 1 Orange/ H Orange 5:45pm - 6:30pm | Prep/ Conditional 6:45pm - 7:30pm | Level 1 Green/ H Green 5:45pm - 6:30pm | Level 2 6:45pm - 7:30pm | |
| Prep/ Conditional 7:30pm - 8:15pm | Level 1 Green/ H Green 6:45pm - 7:30pm | | Level 1 Orange/ H Orange 6:45pm - 7:30pm | | |



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