

Wahoo Martial Arts

CLASS SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY
8:00 AM							
8:15 AM							
8:30 AM							
8:45 AM							
9:00 AM							Integrated Combatives
9:15 AM							Ages 12 +
9:30 AM							Advanced
9:45 AM							Weapons
10:00 AM							Kali
10:15 AM							Escrima
10:30 AM							
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5:15 PM							
5:30 PM		Lil' Dragons			Lil' Dragons		
5:45 PM		Ages 4-8			Ages 4-8		
6:00 PM			Integrated Combatives	Warrior MMA			
6:15 PM		Rosenback Warrior Training Branch	Ages 12 +	Ages 12 +	Rosenback Warrior Training Branch		
6:30 PM		Ages 8 +	Advanced	All Levels	Ages 8 +		
6:45 PM		All Levels	Dirty Boxing	MMA Fundamentals	All Levels		
7:00 PM		Striking/Grappling	Grappling	Boxing	Srtiking/Grappling		
7:15 PM		Weapons	Unarmed Combat	Jiu-Jitsu	Weapons		
7:30 PM				Muay Thai			
7:45 PM				Wresteling			
8:00 PM							

