

# Class Schedule

865-200-4096



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Private Lessons & Group Private Lessons Available Ask for Details	Private Lessons Available – Ask for Details	Private Lessons & Group Private Lessons Available Ask for Details	Private Lessons Available – Ask for Details	Private Lessons & Group Private Lessons Available Ask for Details	Private Lessons Available – Ask for Details
	Group Private Lessons Available Ask for Details		Group Private Lessons Available Ask for Details		Zoom Class Self Defense/Fitness 10:30am-11:30am
	Kids Self Defense (Ages 4-10) 4:30pm-5:15pm		Kids Self Defense (Ages 4-10) 4:30pm-5:15pm		Private Lessons & Group Private Lessons Available Ask for Details
	Kids Self Defense (Ages 11-15) 5:15pm-6:00pm		Kids Self Defense (Ages 11-15) 5:15pm-6:00pm		
	Adult Self Defense 6:30pm-7:30pm	Adult Self Defense 6:30pm-7:30pm			
Private Lessons Available – Ask for Details	Private Lessons Available – Ask for Details	Private Lessons Available – Ask for Details	Private Lessons Available – Ask for Details		