

ZMAX CLASS SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LITTLE DRAGONS (2-6) 10 - 10:25 AM			LITTLE DRAGONS (2-6) 10 - 10:25 AM		LITTLE DRAGONS (2-6) 8:45 - 9:10 AM
					KRAV MAGA ALL AGES (7 +) 9:15 - 10:00 AM
LITTLE DRAGONS (2-6) 4:30 - 4:55 PM	JUNIOR (6 -10) HOSINSOOL 4:30 - 5:15 PM	LITTLE DRAGONS (2-6) 4:30 - 4:55 PM	JUNIOR (6-10) HOSINSOOL 4:30 - 5:15 PM	LITTLE DRAGONS (2-6) 4:30 - 4:55 PM	ALL AGES (6+) HOSINSOOL 10:00 - 10:45 AM
KRAV MAGA JUNIORS (7-12) 5:00 - 5:30 PM	YOUTH (11-15) HOSINSOOL 5:15 - 6 PM	FAMILY FUNCTIONAL FITNESS (6+) 5:00 - 5:30 PM	YOUTH (11-15) HOSINSOOL 5:15 - 6 PM	KRAV MAGA JUNIORS (7-12) 5:00 - 5:30 PM	KOREAN SWORDS (7+) 10:45 AM - 11:30PM
KOREAN SWORDS (7+) 5:45 - 6:30 PM	ADVANCED HOSINSOOL 6 - 6:45 PM	ALL AGES (6+) HOSINSOOL 5:30 - 6:15 PM	ADVANCED HOSINSOOL 6 - 6:45 PM	KRAV MAGA (12+) 5:30 - 6:15 PM	
FUNCTIONAL FITNESS (10+) 6 - 6:30 PM	KRAV MAGA (12+) 6:45 - 7:30PM	KOREAN SWORDS (7+) 6:15 - 7:00 PM	KRAV MAGA (12+) 6:45 - 7:30PM		
MIXED SELF DEFENCE (10+) 6:30 - 7:15 PM					