

ZMAX CLASS

SCHEDULE



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MON		TUE		WED		THU		FRI		SAT		
MORNING CLASSES												
LITTLE DRAGONS 10AM TO 10:30AM 30 MINS AGES 2-6		LITTLE DRAGONS 10AM TO 10:30AM 30 MINS AGES 2-6						LITTLE DRAGONS 10AM TO 10:30AM 30 MINS AGES 2-6		LITTLE DRAGONS 8:45AM TO 9:15AM 30 MINS AGES 2-7		KMDI KRAV MAGA 8:45AM TO 9:15AM 30 MINS ALL AGES
AFTERNOON / EVENING CLASSES												
LITTLE DRAGONS 4:30PM TO 5PM 30 MINS AGES 2-7	KMDI KRAV MAGA 4:30PM TO 5PM 30 MINS AGES 6-10	TAEKYUN 4:30PM TO 5:15PM 45 MINS JUNIORS 6-10		LITTLE DRAGONS 4:30PM TO 5PM 30 MINS AGES 2-7	KMDI KRAV MAGA & FITNESS 4:30PM TO 5PM 30 MINS AGES 6-10	LITTLE DRAGONS 4:30PM TO 5PM 30 MINS AGES 2-7				TAEKYUN 9:30AM TO 10:15AM 45 MINS ALL AGES CLASS		
KOREAN SWORDS HDGD 5:15:PM TO 6PM 45 MINS AGES 7 +	FIGHTING FIT 5:30PM TO 6PM 30 MINS YOUTH/ADULT	TAEKYUN 5:15PM TO 6PM 45 MINS ALL AGES OT CLASS		TAEKYUN 5PM TO 5:45PM 45 MINS ALL AGES CLASS		TAEKYUN 5:15PM TO 6PM 45 MINS ALL AGES CLASS				KOREAN SWORDS HDGD 10:15AM TO 11AM 45 MINS AGES 7 +		
MMA 6PM TO 7PM 60 MINS TEENS/ADULTS		KMDI KRAV MAGA 6PM TO 6:45PM 45 MINS TEENS/ADULTS		KOREAN SWORDS HDGD 5:45:PM TO 6:30PM 45 MINS AGES 7 +		KMDI KRAV MAGA 6PM TO 6:45PM 45 MINS TEENS/ADULTS						
				MMA 6:30PM TO 7:30PM 60 MINS TEENS/ADULTS								