

Living Defense Martial Arts Class Schedule

Monday

6:00 A.M. Kickboxing & Conditioning

11:00 A.M. Adult Brazilian Jiu-Jitsu

12:00 P.M. Kickboxing

4:30 P.M. Children's Brazilian Jiu-Jitsu

5:15 P.M. Children's Advanced Taekwondo

6:00 P.M. Adult Taekwondo

7:00 P.M. Adult Brazilian Jiu-Jitsu

8:00 P.M. Kickboxing

Tuesday

5:00 P.M. Children's Beginner Taekwondo

6:00 P.M. Adult Taekwondo

7:00 P.M. Adult Brazilian Jiu-Jitsu

8:00 P.M. Kickboxing

Wednesday

6:00 A.M. Kickboxing & Conditioning

11:00 A.M. Adult Brazilian Jiu-Jitsu

12:00 P.M. Kickboxing

4:30 P.M. Little Dragons (Ages 3 to 4)

5:00 P.M. Children's Advanced Taekwondo

6:30 P.M. Adult Brazilian Jiu-Jitsu

8:00 P.M. Kickboxing

Thursday

5:00 P.M. Children's Beginner Taekwondo

6:00 P.M. Adult Taekwondo

7:00 P.M. Kickboxing

8:00 P.M. Weeping Style Jujutsu

Friday

6:00 A.M. Kickboxing & Conditioning

11:00 A.M. Adult Brazilian Jiu-Jitsu

12:00 P.M. Kickboxing

5:00 P.M. Children's Brazilian Jiu-Jitsu

6:00 P.M. Adult Brazilian Jiu-Jitsu

Saturday

11:00 A.M. Taekwondo (All Ranks for both Kids and Adults)

12:00 P.M. Adult MMA/No Gi Brazilian Jiu-Jitsu