

WALL 2 WALL MARTIAL ARTS 2012 CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
					10:00 - 11:00AM BEGINNER KIDS JUDO	10:00-11:15AM BEGINNER SHOTOKAN KARATE
5:30 - 6:30PM ALL AGES KIDS JUDO	5:00 - 5:45PM BEGINNER KIDS JUDO	5:30 - 6:30PM NO GI SUBMISSION GRAPPLING		5:30 - 6:30PM ALL AGES KIDS JUDO	11:00- 12:00PM COMPETITOR KIDS JUDO	11:30AM-1:00PM ADVANCED SHOTOKAN KARATE
	5:45 - 6:15 PM CORE WORX		5:30 - 6:00 PM PITAIYO-XP		12:00 - 2:00 PM OPEN MATS ADULTS JUDO/BJJ	
	6:15 – 7:15 CARDIO KICKBOXING BOOTCAMP	6:15 – 7:15 PM CARDIO KICKBOXING BOOTCAMP	6:15 – 7:15 PM CARDIO KICKBOXING BOOTCAMP	7:00 – 8:00PM SHOTOKAN KARATE		6:15 – 7:45 PM NO GI SUBMISSION GRAPPLING
7:00 – 9:00 PM TEEN & ADULT JUDO / BJJ	7:30 – 9:00 PM ADULT KICKBOXING	7:00 – 9:00 PM TEEN & ADULT JUDO / BJJ	7:30 – 9:00PM ADULT KICKBOXING			



For more information visit
www.w2wma.com

