

# Martial Arts Studio - Fall 2009

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
7:00							
8:00							
9:00		Grappling Club Practice 9:00 – 11:00		Grappling Club Practice 9:00 – 11:00			
10:00							
11:00					Taekwondo Club Practice 10:30 – 12:30		
12:00		Hapkido 11:30 – 12:20 \$Clinic		Hapkido 11:30 – 12:20 \$Clinic			
1:00						Taekwondo Club Practice 1:00 – 3:00	
2:00		Kickbox 2:00 – 2:50 Fit Free		Kickbox 2:00 – 2:50 Fit Free	Kickbox 2:00 – 2:50 Fit Free		
3:00	Kickbox 3:00 – 3:50 Fit Free	Ab Blast 3:00 – 3:20 Fit Free	Kickbox 3:00 – 3:50 Fit Free	Ab Blast 3:00 – 3:20 Fit Free			
4:00				Filipino 3:30 – 4:50 \$Clinic	Belly Dance Club Practice 4:00 – 5:20		Taekwondo Club Practice 3:30 – 5:30
5:00		Karate 5:00 – 6:20 \$Clinic					
6:00			Lotus Self Defense 5:30 – 6:50 \$Clinic	Fu-Hok 5:30 – 6:50 \$Clinic			
7:00		Belly Dance 6:30 – 7:50 \$Clinic					
8:00							
9:00							
10:00							
11:00							