

SELF - DEVELOPMENT | SELF - DISCOVERY | SELF - DEFENSE

(770) 965-3467

Jeet Kune Do • Gracie Jiu-Jitsu • Thai Kickboxing
Wing Chun • Weapons Training



Unleash your potential

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Children's Class (6-14 yrs)</p> <p>5:30 pm—6:15 pm</p>	<p>Youth Jing Mo Kuen (11-17 yrs)</p> <p>5:30 pm—6:20 pm</p>	<p>Children's Class (6-14 yrs)</p> <p>5:30 pm—6:20 pm</p>			<p>Kali/Escrima</p> <p>10:00 am—10:45 am</p>
<p>YOGA</p> <p>6:25pm - 7:30pm</p>	<p>MMA</p> <p>6:15 pm—7:00 pm</p>	<p>Kali/Escrima (Adult)</p> <p>Youth Jiu-Jitsu (11-17 yrs)</p> <p>6:30 pm—7:15 pm</p>	<p>Wing Chun Kung Fu</p> <p>6:30 pm—7:15 pm</p>		<p>Jing Mo Kuen/JKD</p> <p>10:45 am—11:30 am</p>
	<p>No GI Jiu_Jitsu Combat Submission Wrestling</p> <p>7:00 pm—7:45 pm</p>	<p>Jing Mo Kuen/JKD</p> <p>7:15 pm—8:00 pm</p>	<p>Gracie/Brazilian Jiu-Jitsu</p> <p>7:15 pm—8:00 pm</p>		<p>MMA</p> <p>11:30 am—12:15 pm</p>
		<p>Gracie/Brazilian Jiu-Jitsu</p> <p>8:00 pm—8:45 pm</p>			<p>Gracie/Brazilian Jiu-Jitsu</p> <p>12:15 pm—1:00 pm</p>

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