


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Taikwando</b></p> <p> Girls 1st-3rd grade 17:15-18:00</p> <p> Girls 4th-6th grade 17:30-18:15</p> <p> Advanced Girls 18:15-19:00</p> <p>Women and Teens 20:00-21:30</p> <p><b>Yoga</b></p> <p>Begginers 18:00-19:30</p> <p>Advanced 19:45-21:15</p>	<p><b>Kung Fu</b></p> <p> Girls pre-school-2nd grade 16:30-17:15</p> <p> Teens 17:30-18:30</p> <p>Women 19:00-20:30</p> <p>Advanced 20:30-21:00</p> <p><b>Judo</b></p> <p> Teens 7th-9th grade 18:00-19:30</p> <p>Women and teens 19:30-21:00</p> <p><b>Capoeira</b></p> <p> Girls 3rd-6th grade 16:45-17:30</p> <p> Teens 7th-10th grade 17:30-18:30</p> <p><b>Karate</b></p> <p>Women all levels  19:30-21:00</p>	<p><b>Taikwando</b></p> <p> Girls 4th-6th grade 15:00-15:45</p> <p> Advanced girls 15:45-16:30</p> <p><b>Kickboxing</b></p> <p>Women and teens 20:00-21:00</p> <p><b>Empowerment Self-defense</b></p> <p>Women 20:00-21:30</p>	<p><b>Yoga</b></p> <p>Women all levels 8:30-10:00</p> <p><b>Capoeira</b></p> <p>mixed pre-school-2nd grade 17:15-18:00</p> <p>Women and teens 18:00-19:00</p> <p>Advanced 19:00-19:30</p> <p><b>Kung Fu Dance</b></p> <p> Girls 1st-6th grade 16:30-17:15</p> <p> Teens 7th-10th grade 17:30-18:30</p> <p>Women and teens 18:45-20:00</p> <p><b>Empowerment Self-defense</b></p> <p>Women 19:30-21:00</p>	<p><b>Judo</b></p> <p> girls pre-school-3rd grade 17:00-18:00</p> <p> Teens 7th-10th grade 18:00-19:30</p> <p>Women and teens 19:30-21:00</p> <p><b>Karate</b></p> <p> Girls 1st-6th grade 6:45-17:30</p> <p> Advanced girls 4th-10th grade 17:30-18:15</p> <p> Teens 7th-10th grade 18:30-19:30</p> <p>Women 18:00-19:00</p> <p>Advanced  19:00-20:30</p> <p><b>Taikwando</b></p> <p>Women and teens 20:00-21:30</p>	<p><b>Taikwando</b></p> <p>Women and teens 8:30-10:00</p> <p><b>Yoga</b></p> <p>Women all levels 8:30-10:00</p> <p><b>Capoeira</b></p> <p>women and teens (Connecting with the Music) 9:00-10:30</p> <p><b>Kung Fu</b></p> <p>Advanced 10:00-11:30 (Once a month)</p>



"Lioness Club" - a unique leadership training program for girls & teen girls, combining martial arts, self-defense and community service.