

NORTHGATE YOUTH MARTIAL ARTS PROGRAMS

	Monday	Tuesday	Wednesday	Thursday	Friday
	OPEN GYM PRIVATE LESSONS WITH APPOINTMENT 9:00 AM TO 4:00 PM				
					Open Gym / Class Make Up 3:45 TO 4:30
4:00	LIL' NINJAS (4:00) - A	LIL' NINJAS (4:00) - B	LIL' NINJAS (4:00) - A	LIL' NINJAS (4:00) - B	
4:30	JUNIORS - A 4:30 TO 5:15	JUNIORS - B 4:30 TO 5:15	JUNIORS - A 4:30 TO 5:15	JUNIORS - B 4:30 TO 5:15	BLACK BELT CLUB 4:30 TO 5:30
5:00					
5:30		TEENS 5:15 TO 6:00		TEENS 5:15 TO 6:00	Sparring Class 5:30 TO 6:00
6:00					
6:30	ADULT TRUE MIXED MARTIAL ARTS / SELF DEFENSE AND KICKBOXING PROGRAM 5:30 TO 8:00 PM				
7:00					
7:30					
8:00	MKG MAX10 KICKBOXING BOOTCAMP CHALLENGE 8:05 TO 9:05 PM				
8:30					