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Brooklyn, NY

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Little Dragons ages 3-7 9:00 AM- 9:45	Women Kick Boxing Kick Aerobics 9:15AM- 10:30	Women Kick Boxing Body Sculpting 9:15AM- 10:30	Women Kick Boxing Kick Aerobics 9:15AM- 10:30	Women Kick Boxing Body Sculpting 9:15AM- 10:30	Women Kick Boxing Kick Aerobics 9:15AM- 10:30	Little Dragons ages 3-7 9:00 AM- 9:45
Young Warriors ages 8-12 9:45 AM- 10:30						Young Warriors ages 8-12 9:45 AM- 10:30
Adult class Mix Martial Arts 10:30 AM- 11:15						Adult class Mix Martial Arts 10:30 AM- 11:15
Women Boxing conditioning 11:15 AM- 12:15	Women Kick Boxing Kick Aerobics 3:30 PM- 4:40	Women Kick Boxing Body Sculpting 3:30 PM- 4:40	Women Kick Boxing Kick Aerobics 3:30 PM- 4:40	Women Kick Boxing Body Sculpting 3:30 PM- 4:40	Women Kick Boxing Kick Aerobics 3:30 PM- 4:40	
	Little Dragons ages 3-7 5:00 PM- 6:00	Little Dragons ages 3-7 5:00 PM- 6:00	Little Dragons ages 3-7 5:00 PM- 6:00	Little Dragons ages 3-7 5:00 PM- 6:00	Little Dragons ages 3-7 5:00 PM- 6:00	
	Young Warriors ages 8-12 6:00 PM- 7:00	Young Warriors ages 8-12 6:00 PM- 7:00	Young Warriors ages 8-12 6:00 PM- 7:00	Young Warriors ages 8-12 6:00 PM- 7:00	Young Warriors ages 8-12 6:00 PM- 7:00	
	Adult class Mix Martial Arts 7:00 PM- 8:00	Adult class Mix Martial Arts 7:00 PM- 8:00	Adult class Mix Martial Arts 7:00 PM- 8:00	Adult class Mix Martial Arts 7:00 PM- 8:00	Adult class Mix Martial Arts 7:00 PM- 8:00	
	Women Kick Boxing Kick Aerobics 8:15 PM- 9:30	Women Kick Boxing Body Sculpting 8:15 PM- 9:30	Women Kick Boxing Kick Aerobics 8:15 PM- 9:30	Women Kick Boxing Body Sculpting 8:15 PM- 9:30		
Personal training available with Shihan Raanan						Personal training available with Shihan Raanan