

Monday		Tuesday		Wednesday	
17:30 - 19:00	Kids	17:30 - 18:30	Core	17:30 - 20:30	Tape/Promo
19:00 - 20:30	Core	18:30 - 20:30	Intermediate	20:30 - 22:00	Womens
20:30 - 22:00	Intermediate	20:30 - 22:00	Advanced		
Thursday		Friday		Sunday	
17:30 - 18:30	Core	17:30 - 19:00	Kids	13:00 - 14:30	Core
18:30 - 20:00	Intermediate	19:00 - 20:30	Core	14:30 - 16:00	Advanced
20:00 - 22:00	Advanced	20:30 - 22:00	Intermediate		

