

SCAKKS CLASS SCHEDULE FALL 2009

DAYS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JUNIOR KENPO KARATE SELF-DEFENSE	5:30 to 6:20 All Belts (Fitness, Self Defense, Sparring)	5:30 to 6:20 All Belts (Fitness, Form, Sets, Sparring)	5:30 to 6:20 All Belts (Fitness, Self Defense, Spar- ring)	5:30 to 6:20 All Belts (Fitness, Form, Sets, Sparring)	5:30 to 6:20 All Belts (Open Class)
TEENS & ADULTS KENPO KARATE SELF-DEFENSE	6:30 to 7:20 All Belts (Fitness, Self Defense, Sparring Level I)	6:30 to 7:20 White Thru Green Belts (Fitness, Form & Sets, Sparring Level II)	6:30 to 7:20 All Belts (Fitness, Self Defense, Sparring Level I)	6:30 to 7:20 White Thru Green Belts (Fitness, Form & Sets, Sparring Level II)	6:30 to 7:20 All Belts Open Class
		7:30 to 8:20 Brown & Black Belts (Advanced Self Defense)		7:30 to 8:20 Brown & Black Belts (Advanced Self Defense)	
MIXED MARTIAL ARTS	7:30 to 8:20 <i>(Regular Class)</i>		7:30 to 8:20 <i>(Regular Class)</i>		7:30 to 8:20 <i>(Regular Class)</i>
	8:30 to 9:20 <i>6 Weeks</i> <u>MMA Boot Camp</u>		8:30 to 9:20 <i>6 Weeks</i> <u>MMA Boot Camp</u>		8:30 to 9:20 <i>6 Weeks</i> <u>MMA Boot Camp</u>
	MMA TRAINING Prahuyut Full Contact Kickboxing Techniques and Drills		MMA TRAINING Ground -n- Pound Techniques and Drills		MMA TRAINING Mix 'Em Up Live Sparring
HAGANAH'S F.I.G.H.T. DEFENSIVE TACTICS		8:30 to 9:20 (Hand To Hand Defensive Tactics)		8:30 to 9:20 (Weapons Defensive Tactics)	