2011 Winter Instructional Classes - SRC STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM								7:00 AM
7:30 AM								7:30 AM
8:00 AM	TAI CHI		TAI CHI					8:00 AM
8:30 AM								8:30 AM
9:00 AM								9:00 AM
9:30 AM						IAIDO		9:30 AM
10:00 AM								10:00 AM
10:30 AM								10:30 AM
11:00 AM								11:00 AM
11:30 AM						SHOTOKAN KARATE		11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
1:00 PM								1:00 PM
1:30 PM						TAE KWON DO		1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM								3:00 PM
3:30 PM								3:30 PM
4:00 PM								4:00 PM
4:30 PM								4:30 PM
5:00 PM								5:00 PM
5:30 PM								5:30 PM
6:00 PM								6:00 PM
6:30 PM		IAIDO	SHOTOKAN KARATE					6:30 PM
7:00 PM								7:00 PM
7:30 PM								7:30 PM
8:00 PM	TAE KWON DO		CAPOEIRA	TAE KWON DO				8:00 PM
8:30 PM								8:30 PM
9:00 PM								9:00 PM
9:30 PM								9:30 PM

2011 Winter Instructional Classes - SRC DOJO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
7:00 AM	AIKIDO		AIKIDO		AIKIDO			7:00 AM
7:30 AM								7:30 AM
8:00 AM								8:00 AM
8:30 AM								8:30 AM
9:00 AM								9:00 AM
9:30 AM						JU JUTSU		9:30 AM
10:00 AM								10:00 AM
10:30 AM								10:30 AM
11:00 AM			LUNCH TIME TAI CHI					11:00 AM
11:30 AM						HUNG GAR KUNG FU	NIHON GOJU KARATE	11:30 AM
12:00 PM								12:00 PM
12:30 PM								12:30 PM
1:00 PM								1:00 PM
1:30 PM								1:30 PM
2:00 PM								2:00 PM
2:30 PM								2:30 PM
3:00 PM						ADVANCED JUDO	INTRO TO MMA	3:00 PM
3:30 PM								3:30 PM
4:00 PM								4:00 PM
4:30 PM								4:30 PM
5:00 PM		WOMEN'S SELF DEFENCE		WOMEN'S SELF DEFENCE				5:00 PM
5:30 PM								5:30 PM
6:00 PM	JU JUTSU		JU JUTSU	NIHON GOJU KARATE				6:00 PM
6:30 PM								6:30 PM
7:00 PM					EAGLE CLAW KUNG FU			7:00 PM
7:30 PM	JUDO	HAPKIDO	JUDO	HAPKIDO				7:30 PM
8:00 PM								8:00 PM
8:30 PM								8:30 PM
9:00 PM								9:00 PM
9:30 PM								9:30 PM