



SAMURAI SPIRIT MARTIAL ARTS

WEEKLY SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00AM	GI ADULTS 15+ (ALL LEVELS)		GI ADULTS 15+ (ALL LEVELS)		GI ADULTS 15+ (ALL LEVELS)	PRIVATE SESSIONS
07:00 AM - 03:00 PM	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	PRIVATE SESSIONS	10:00AM SAMURAI KIDS (AGES 3-14)
3:00PM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	11:00AM GI ADULTS 15+ (ALL LEVELS)
4:00PM	LITTLE SAMURAI (3-7 YEARS)	JUNIORS AND TEENS (8-14 YEARS)	LITTLE SAMURAI (3-7 YEARS)	JUNIORS AND TEENS (8-14 YEARS)	AFTER SCHOOL PROGRAM	
4:45PM	LITTLE SAMURAI (3-7 YEARS)	LITTLE SAMURAI (3-7 YEARS)	LITTLE SAMURAI (3-7 YEARS)	LITTLE SAMURAI (3-7 YEARS)	NOGI KIDS (AGES 3-7)	12:00PM OPEN MAT
5:30PM	JUNIORS AND TEENS (8-14 YEARS)	LITTLE SAMURAI (3-7 YEARS)	JUNIORS AND TEENS (8-14 YEARS)	LITTLE SAMURAI (3-7 YEARS)	NOGI JUNIORS AND TEENS (AGES 8-14)	
6:30PM	GI ADULTS 15+ (ALL LEVELS)	NOGI ADULTS 15+ ALL LEVELS	GI ADULTS 15+ (ALL LEVELS)	NOGI ADULTS 15+ ALL LEVELS	GI ADULTS 15+ (ALL LEVELS)	
7:30PM	LIVE TRAINING	LIVE TRAINING	★ 7:30PM NEW ADULTS KICKBOXING	LIVE TRAINING	LIVE TRAINING	



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