

TRANSCENDENCE MARTIAL ARTS SCHEDULE *(AS OF JANUARY 2019)*

MON	TUES	WED	THUR	FRI	SAT	SUN	
CLOSED					CLOSED	CLOSED	
PERSONAL TRAINING 10:30AM - 3:30PM	CLOSED	PERSONAL TRAINING 10:30AM - 3:30PM	CLOSED	PERSONAL TRAINING 10:30AM - 3:30PM	MUAYTHAI (FUNDAMENTALS) 10AM - 11AM		
					REST		
					SHINKYOKUSHIN KARATE 11:30AM - 1PM		
REST	INTERMEDIATE & COMP CLASS 4PM - 5:30PM	LITTLE PANTHERS KARATE 4PM - 5PM	INTERMEDIATE & COMP CLASS 4PM - 5:30PM	LITTLE PANTHERS KARATE 4PM - 5PM	INTERMEDIATE & COMP CLASS 1PM - 2:30PM		
					CLOSED		
					LEGEND		LEVEL
MUAYTHAI (FUNDAMENTALS) 6PM - 7PM	SANDA 散打 (BASICS) 6PM - 7PM	MUAYTHAI (INTERMEDIATE) 6PM - 7:30PM	MUAYTHAI (FUNDAMENTALS) 6PM - 7PM	MUAYTHAI (FUNDAMENTALS) 6PM - 7PM	MUAYTHAI (INTERMEDIATE)		20 HOURS ^ EXPERIENCE
MUAYTHAI (INTERMEDIATE) 7PM - 8:30PM	MUAYTHAI (FUNDAMENTALS) 7PM - 8PM		SANDA 散打 (BASICS) 7PM - 8PM	MUAYTHAI (INTERMEDIATE) - SPARRING & CLINCH WORK 7PM - 8PM	MUAYTHAI (INTERMEDIATE) - SPARRING & CLINCH WORK		
MUAYTHAI (FUNDAMENTALS) 8:30PM - 9:30PM	MUAYTHAI (FUNDAMENTALS) 8PM - 9PM	MUAYTHAI (FUNDAMENTALS) 7:30PM - 8:30PM	SHINKYOKUSHIN KARATE 8PM - 9:30PM	MUAYTHAI (FUNDAMENTALS) 8PM - 9PM	MUAYTHAI (FUNDAMENTALS) 8PM - 9PM		INTERMEDIATE & COMP CLASS
GOOD NIGHT				MUAYTHAI (FUNDAMENTALS) 8:30PM - 9:30PM	MUAYTHAI (FUNDAMENTALS) 8PM - 9PM	SANDA 散打 (BASICS)	ALL
					LITTLE PANTHERS KARATE	AGES 13 ^	
					PERSONAL TRAINING	AGES 7 - 12	
						BY APPT ONLY	