

Odyssey Fitness Studios
MY MARTIAL ARTS 2016 SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9am		9:30-10:30 Ladies Kickboxing		9:30-10:30 Ladies Kickboxing		9:30-10:30 Little Ninjas	
10am	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	10:15-11:00 Adaptive Training	
11am	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	10:45-12:00 Juniors – All Levels (Classes will overlap)	
12pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
1pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training	12:30 Open Mat	
2pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
3pm	Personal Training	Personal Training	Personal Training	Personal Training	Personal Training		
3:30 PM	3:30-4:00 Little Ninjas	3:30-4:00 Adaptive Training	3:30-4:00 Little Ninjas	3:30-4:00 Adaptive Training	3:30-4:00 Little Ninjas		
4:00 PM	4:15-5:15 Juniors White-Green Belts	4:00-4:30 Adaptive Training	4:15-5:15 Juniors White-Green Belts	4:00-4:30 Adaptive Training	4:15-5:15 Juniors White-Green Belts		
4:30 PM		4:30-5:00 Adaptive Training		4:30-5:00 Adaptive Training			
5:30 PM	5:15-6:15 Advanced Juniors Blue Belts and Above	5:30-6:00 Adaptive Training	5:15-6:15 Advanced Juniors Blue Belts and Above	5:30-6:00 Adaptive Training	5:15-6:15 Advanced Juniors Blue Belts and Above		
6:30 PM	6:30-7:30 Adult Kickboxing	6:15-6:45 Adaptive Training	6:30-7:30 Adult Kickboxing	6:15-6:45 Adaptive Training			
7:30	7:30-8:30 Adult Martial Arts		7:30-8:30 Adult Martial Arts				