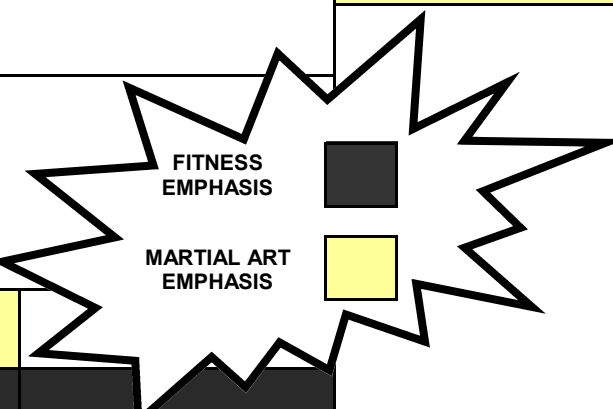


# ADULT CLASS SCHEDULE FOR MKG - NORTHGATE 2011

	Monday		Tuesday		Wednesday		Thursday		Friday	Saturday	
	Class A	Class B	Class A	Class B	Class A	Class B	Class A	Class B	Class A	Class A	Class B
10:00										BJJ 10:00 to 11:00	Muay Thai / STX Kickboxing 10:00 to 11:00
10:30											
11:00										True Mixed Martial Arts MKG Phase 11:00 to 12:30	
11:30	Muay Thai 11:30 to 12:30	True Mixed Martial Arts MKG Phase 11:00 to 12:30		Boxing/Panantukan 11:30 to 12:30		True Mixed Martial Arts MKG Phase 11:00 to 12:30					
12:00											
12:30	NO CLASSES 1:00 TO 4:00										Test Review
4:00	YOUTH PROGRAM										
4:30	4:00 TO 5:15 MON/WED										
5:00	4:00 to 6:00 TU/THU and 3:45 to 6:00 Fri										
5:30	STX Kickboxing Jun Fan JKD / Savate 5:30 to 6:30		Kali / JKD 5:30 to 6:00		Hubud/ Trapping 5:30 to 6:30		Boxing 5:30 to 6:30		Kali / Silat 5:30 to 6:00		
6:00	True Mixed Martial Arts MKG Phase 6:30 to 8:00		MKG Phase 6:00 to 7:00	BJJ 6:00 to 7:00	True Mixed Martial Arts MKG Phase 6:30 to 8:00		CORE Team 6:00 to 7:00	MKG Phase 6:00 to 7:00	Muay Thai Hybrid All Levels 6:00 to 7:30		
6:30			Panantukan 7:00 to 8:00				Muay Thai 7:00 to 8:00				
7:00	MKG 10 WEEK FITNESS PROGRAM										
7:30											
8:00											
8:30											