

Training Room 1

CLASS SCHEDULE

ZenQuest Martial Arts Center

Effective September 2017

	MON	TUE	WED	THUR	FRI	SAT	SUN
	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :	Private Instruction :	
9:00 AM	:	:	:	:	:	Tigers 9:00 - 9:50	
	:	V	:	V	:		
10:00 AM	:	Adult Karate 10:00 - 11:15	:	Adult Karate 10:00 - 11:15	:	Adult Karate 10:00 - 11:15	
11:00 AM	:	:	:	:	:		
	:	:	:	:	:	Dragons 11:30 - 12:30	
12:00 PM	:	:	:	:	:		
	:	Cranes 12:30 - 1:00	:	:	:	Kobudo (Informal)	
1:00 PM	:	:	:	:	:		Seminars / Testing
2:00 PM	:	:	:	:	:		
3:00 PM	:	:	:	:	:		
4:00 PM	:	V	:	V	:		
	:	Tigers 4:10 - 5:00	:	Dragons 4:10 - 5:10	V		
5:00 PM	V		V		Jr. Tigers 4:30 - 5:15		
		Dragons 5:00 - 6:00					
	Tigers 5:15 - 6:05		Jr. Tigers 5:15 - 6:00	Tigers 5:15 - 6:05			
6:00 PM					Karate Fundamentals 5:30 - 6:30		
	Adult /Cobras Karate 6:15 - 7:15	Adult Karate 6:15 - 7:15	Cobras 6:15 - 7:15	Adult Karate 6:15 - 7:15			
7:00 PM							
		Open Mat 7:15 - 7:45		Open Mat 7:15 - 7:45			
8:00 PM	Hybrid S/D 7:30 - 8:30		Hybrid S/D 7:30 - 8:30				
9:00 PM							

Class Key

Kids Karate

- Cranes - Ages 3-5
- Jr. Tigers - Ages 4^{1/2}-6
- Tigers - Ages 5^{1/2}-8
- Dragons - Ages 8^{1/2}-11
- Cobras - Ages 11^{1/2}-13

Adult Classes

- Uechi-Ryu Karate - Ages 12 and up
- Hybrid Self-Defense - Ages 12 and up
- Kobudo/Weapons - Ages 12 and up
- Adv. Karate - Scheduled

Open Mat

Informal Practice - Ages 13 and up

Private Instruction

Scheduled w/Instructors

Training Room 2

CLASS SCHEDULE

ZenQuest Martial Arts Center

Effective September 2017

	MON	TUE	WED	THUR	FRI	SAT	SUN
	<i>Private Instruction</i>	<i>Private Instruction</i>	<i>Private Instruction</i>	<i>Private Instruction</i>	<i>Private Instruction</i>	<i>Private Instruction</i>	
9:00 AM	:	:	:	:	:	:	
	:	:	:	:	:	Pythons 9:15 - 10:15	
10:00 AM	:	:	:	:	:		
	:	:	Adult Jiu-jitsu 10:30 - 11:30	:	Adult "No-Gi" JJ 10:30 - 11:30	Adult Jiu-jitsu 10:30 - 11:30	Adult Jiu-jitsu 10:30 - 11:30
11:00 AM	:	:	Open Mat 11:30 - 12:00	:	Open Mat 11:30 - 12:00		Open Mat 11:30 - 12:00
12:00 PM	:	:	:	:	:	Muay Thai 11:45 - 12:45	
	:	:	:	:	:		
1:00 PM	:	:	:	:	:	Comp./MMA Training 1:00 - 2:00	Seminars / Testing
2:00 PM	:	:	:	:	:		
	:	:	:	:	:		
3:00 PM	V	:	V	:	:		
	:	:	:	:	:		
4:00 PM		:	Pythons 4:15 - 5:05	:	:		
	Pythons 4:30 - 5:30	:	:	:	:		
5:00 PM		V					
	Muay Thai 5:45 - 6:45	Muay Thai 6:00 - 7:00	Muay Thai Fundamentals 5:30 - 6:30	Muay Thai 6:00 - 7:00	V		
6:00 PM			Wrestling 6:30 - 7:15		Jiu-jitsu Fundamentals 5:30 - 6:30		
7:00 PM	Adult "No-Gi" JJ 7:00 - 8:00	Adult Jiu-jitsu 7:15 - 8:15	Adult "No-Gi" JJ 7:15 - 8:15	Adult Jiu-jitsu 7:15 - 8:15			
8:00 PM	Open Mat/ Comp. Training 8:00 - 9:00	Open Mat 8:15 - 8:45	Open Mat 8:15 - 8:45	Open Mat 8:15 - 8:45			
9:00 PM							

Class Key

Kids Jiu-jitsu
Pythons - Ages 7-12

Adult Jiu-jitsu
Jiu-jitsu/Wrestling
Ages 13 and up
Adv. JJ - Scheduled

Muay Thai
Ages 13 and up
Adv. MT - Scheduled

Comp/MMA
Ages 15 and up

Open Mat
Ages 13 and up

Private Instruction
Scheduled with Instructors