

# Training Room 1

## CLASS SCHEDULE

### ZenQuest Martial Arts Center

*Effective January 2018*

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

**Class Key**

**Kids Karate**

- Cranes** - Ages 3-5
- Jr. Tigers** - Ages 4<sup>1/2</sup>-6
- Tigers** - Ages 5<sup>1/2</sup>-8
- Dragons** - Ages 8<sup>1/2</sup>-11
- Cobras** - Ages 11<sup>1/2</sup>-13

**Adult Classes**

- Uechi-Ryu Karate** - Ages 13 and up
- Kobudo/Weapons** - Ages 12 and up
- Adv. Karate** - Scheduled
- MAS** - Ages 12 and up
- Haito** - Ages 12 and up

**Open Mat**

**Informal Practice** - Ages 13 and up

**Private Instruction**  
Scheduled w/Instructors

# Training Room 2

## CLASS SCHEDULE

### ZenQuest Martial Arts Center

Effective January 2018

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

**Class Key**

**Kids Jiu-jitsu**  
Pythons - Ages 7-12

**Adult Jiu-jitsu**  
Jiu-jitsu  
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