

CLASS SCHEDULE - RM 1

ZenQuest Martial Arts

Effective March 1, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						PYTHONS 9 :00- 9:45 AM
10 AM		UECHI 10:30-11:15 AM				UECHI 10:15-11:00 AM
11 AM						DRAGONS 11:30A-12:15 PM
12 PM				UECHI 12-12:45 PM		
1 PM						
2 PM						
3 PM						
4 PM		TIGERS 4:15-5:00 PM		DRAGONS 4:15-5:00 PM	JR. TIGERS 4:30-5:15PM	
5 PM	Jiu-Jitsu 5:15-6:00 PM	DRAGONS 5:30-6:15 PM	TIGERS/JR. TIGERS 4:15-5:00 PM	TIGERS 5:30-6:15 PM	UECHI 5:45-6:30 PM	
6 PM	COBRAS 6:30-7:15 PM	UECHI 6:45-7:30 PM	COBRAS 6:15-7:00 PM	UECHI 6:45-7:30 PM		
7 PM	STR & CON 7:45-8:30					
8 PM						
9 PM						
10 PM						

CLASS SCHEDULE - RM 2

ZenQuest Martial Arts

Effective March 1, 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 AM						MUAY THAI 9:15 - 10:00 AM
10 AM			JIU-JITSU 10:30-11:15 AM		JIU-JITSU 10:30-11:15 AM	JIU-JITSU 10:30-11:15 AM
11 AM						MUAY THAI 11:45A-12:30 PM
12 PM			MUAY THAI 12-12:45 PM		MUAY THAI 12-12:45 PM	
1 PM						
2 PM						
3 PM						
4 PM	PYTHONS 4:30-5:15 PM		PYTHONS 4:15-5:00 PM			
5 PM	MUAY THAI 5:45-6:30 PM		MUAY THAI FUNDAMENTALS 5:45-6:30 PM		JIU-JITSU 5:30-6:15 PM	
6 PM		MUAY THAI 6:00-6:45 PM		MUAY THAI 6:00-6:45 PM		
7 PM	JIU-JITSU 7:00-7:45 PM	JIU-JITSU 7:30-8:15 PM	JIU-JITSU 7:00-7:45 PM	JIU-JITSU 7:30-8:15 PM		
8 PM						
9 PM						
10 PM						