

Training Room 1

CLASS SCHEDULE

ZenQuest Martial Arts Center

Effective September 2016

	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 12:30 - 1:30	
1:00 PM	:	:	:	:	:		Seminars / Testing
2:00 PM	:	:	:	:	:	:	
3:00 PM	:	:	:	:	:	:	
4:00 PM	:	V	:	V	:	:	
	V	Tigers 4:10 - 5:00	:	Dragons 4:10 - 5:10	V	Jr. Tigers 4:30 - 5:15	
5:00 PM	:	Dragons 5:00 - 6:00	Jr. Tigers 5:15 - 6:00	Tigers 5:15 - 6:05	Adult & Cobras Karate 5:30 - 6:30		
6:00 PM	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			
	Hybrid S/D 7:30 - 8:30		Hybrid S/D 7:30 - 8:30				
8:00 PM							
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 13 and up
- Hybrid Self-Defense - Ages 12 and up
- Kobudo/Weapons - Ages 9 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 2016

	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	<i>MMA</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>Muay Thai</i> 11:45 - 12:45	<i>Open Mat</i> 11:30 - 12:00
12:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮	<i>Competition Training</i> 12:45 - 1:30	<i>Seminars / Testing</i>
1:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮	⋮	⋮
2:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮	⋮	⋮
3:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮	⋮	⋮
4:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	<i>Pythons</i> 4:15 - 5:05	⋮	⋮	⋮	⋮
5:00 PM	<i>Pythons</i> 4:30 - 5:30	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮	⋮	⋮
6:00 PM	<i>Muay Thai</i> 5:45 - 6:45	<i>Muay Thai</i> 6:00 - 7:00	<i>Muay Thai Fundamentals</i> 5:30 - 6:30	<i>Muay Thai</i> 6:00 - 7:00	⋮	⋮	⋮
	⋮	⋮	<i>Wrestling</i> 6:30 - 7:15	⋮	<i>Jiu-jitsu Fundamentals</i> 5:30 - 6:30	⋮	⋮
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> 7:15 - 8:15	<i>Adult Jiu-jitsu</i> 7:15 - 8:15	⋮	⋮	⋮
	<i>Open Mat</i> 8:00 - 8:30	<i>Open Mat</i> 8:15 - 8:45	<i>Open Mat</i> 8:15 - 8:45	<i>Open Mat</i> 8:15 - 8:45	⋮	⋮	⋮
8:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮
	⋮	⋮	⋮	⋮	⋮	⋮	⋮
9:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	⋮

Class Key

- Kids Jiu-jitsu*
- Pythons** - Ages 7-12
- Adult Jiu-jitsu*
- Jiu-jitsu/Wrestling**
Ages 13 and up
- Muay Thai*
- Muay Thai**
Ages 13 and up
- MMA*
- MMA**
Ages 14 and up
- Open Mat*
- Open Mat**
Ages 13 and up
- Private Instruction*
- Private Instruction**
Scheduled with Instructors