

Training Room 1

CLASS SCHEDULE

ZenQuest Martial Arts Center

Effective August 2019

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

Class Key

Kids Karate

Cranes - Ages 3-5
Jr. Tigers - Ages 4^{1/2}-6
Tigers - Ages 5^{1/2}-8
Dragons - Ages 7^{1/2}-11
Cobras - Ages 10^{1/2}-13

Adult Classes

Uechi-Ryu Karate - Ages 13 and up
Adv. Karate - Scheduled
MAS - Ages 11 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 August 2019

	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	
11:00 AM	⋮	⋮	⋮	⋮	⋮	⋮	
	⋮	⋮	<i>Open Mat</i> 11:30 - 12:00	⋮	<i>Open Mat</i> 11:30 - 12:00		
12:00 PM	⋮	⋮	<i>Muay Thai</i> 12:00- 1:00	⋮	<i>Muay Thai</i> 12:00- 1:00	<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> 4:30 - 5:30	⋮	<i>Pythons</i> 4:15 - 5:05	⋮	⋮	⋮	
5:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	
	⋮	V	⋮	V	⋮	⋮	
	<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	<i>Jiu-jitsu Fundamentals</i> 5:30 - 6:30	⋮	
6:00 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	⋮	⋮	
7:00 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	⋮	⋮	
8:00 PM	⋮	⋮	⋮	⋮	⋮	⋮	
	⋮	⋮	⋮	⋮	⋮	⋮	
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