Training Room 1
CLASS SCHEDULE
ZenQuest Martial Arts Center
Effective January 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	
10:00 AM		*Adult Karate* 10:00 - 11:15		*Adult Karate* 10:00 - 11:15		*Adult Karate* 10:00 - 11:15	
11:00 AM						*Kobudo* 11:30 - 12:15	
12:00 PM		*Cranes* 12:30 - 1:00				*Open Mat* 12:30 - 1:30	
1:00 PM							*Seminars / Testing*
2:00 PM							
3:00 PM							
4:00 PM		*Tigers* 4:10 - 5:00		*Dragons* 4:10 - 5:10	*Jr. Tigers* 4:30 - 5:15		
5:00 PM	*Dragons* 5:00 - 6:00	*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	*Hybrid S/D* 7:30 - 8:30	*Open Mat* 7:15 - 7:45	*Hybrid S/D* 7:30 - 8:30	*Open Mat* 7:15 - 7:45			
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 January 2016

	MON	TUE	WED	THUR	FRI	SAT	SUN
9:00 AM	*Private Instruction*	*Private Instruction*	*Private Instruction*	*Private Instruction*	*Private Instruction*	*Private Instruction*	
10:00 AM						*Pythons* 9:15 - 10:15	*MMA* 9:15 - 10:15
11:00 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
12:00 PM			*Open Mat* 11:30 - 12:00		*Open Mat* 11:30 - 12:00	*Muay Thai* 11:45 - 12:45	*Open Mat* 11:30 - 12:00
1:00 PM						*Competition Training* 12:45 - 1:30	*Seminars / Testing*
2:00 PM							
3:00 PM							
4:00 PM	*Pythons* 4:30 - 5:30		*Pythons* 4:15 - 5:05				
5:00 PM	*Muay Thai* 5:45 - 6:45		*Muay Thai Fundamentals* 5:30 - 6:30				
6:00 PM		*Muay Thai* 6:00 - 7:00	*Wrestling* 6:30 - 7:15	*Muay Thai* 6:00 - 7:00	*Jiu-jitsu Fundamentals* 5:30 - 6:15		
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* 8:00 - 8:30	*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

Muay Thai
Ages 13 and up

MMA
Ages 14 and up

Open Mat
Informal Practice -
Ages 13 and up

Private Instruction
Scheduled with Instructors