

Martial Arts Room

Fall 2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
7:00am-7:30am								7:00am-7:30am
7:30am-8:00am								7:30am-8:00am
8:00am-8:30am								8:00am-8:30am
8:30am-9:00am								8:30am-9:00am
9:00am-9:30am								9:00am-9:30am
9:30am-10:00am								9:30am-10:00am
10:00am-10:30am								10:00am-10:30am
10:30am-11:00am								10:30am-11:00am
11:00am-11:30am								11:00am-11:30am
11:30am-12:00pm								11:30am-12:00pm
12:00pm-12:30pm			Hatha Yoga		Hatha Yoga			12:00pm-12:30pm
12:30pm-1:00pm			Hatha Yoga		Hatha Yoga			12:30pm-1:00pm
1:00pm-1:30pm								1:00pm-1:30pm
1:30pm-2:00pm								1:30pm-2:00pm
2:00pm-2:30pm							Jujitsu	2:00pm-2:30pm
2:30pm-3:00pm							Jujitsu	2:30pm-3:00pm
3:00pm-3:30pm						Kung Fu	Jujitsu	3:00pm-3:30pm
3:30pm-4:00pm						Kung Fu	Jujitsu	3:30pm-4:00pm
4:00pm-4:30pm						Kung Fu	Triple 8	4:00pm-4:30pm
4:30pm-5:00pm						Triple 8	Triple 8	4:30pm-5:00pm
5:00pm-5:30pm		Jujitsu			Jujitsu	Triple 8	Triple 8	5:00pm-5:30pm
5:30pm-6:00pm		Jujitsu			Jujitsu	Triple 8	Triple 8	5:30pm-6:00pm
6:00pm-6:30pm	Capoeira	Jujitsu	Capoeira	Jujitsu	Jujitsu	Triple 8	Triple 8	6:00pm-6:30pm
6:30pm-7:00pm	Capoeira	Jujitsu	Capoeira	Jujitsu	Jujitsu	Triple 8	Triple 8	6:30pm-7:00pm
7:00pm-7:30pm	Capoeira	Capoeira	Capoeira	Jujitsu	Aikido	Capoeira		7:00pm-7:30pm
7:30pm-8:00pm		Capoeira	Aikido	Jujitsu	Aikido	Capoeira		7:30pm-8:00pm
8:00pm-8:30pm	Aikido	Capoeira	Aikido		Aikido	Capoeira	Capoeira	8:00pm-8:30pm
8:30pm-9:00pm	Aikido	Kung Fu	Aikido	Aikido Class	Taekwondo		Capoeira	8:30pm-9:00pm
9:00pm-9:30pm	Aikido	Kung Fu	Taekwondo	Aikido Class	Taekwondo		Capoeira	9:00pm-9:30pm
9:30pm-10:00pm	Triple 8	Kung Fu	Taekwondo	Aikido Class	Taekwondo		Capoeira	9:30pm-10:00pm
10:00pm-10:30pm	Triple 8		Taekwondo		Taekwondo			10:00pm-10:30pm
10:30pm-11:00pm	Triple 8		Taekwondo		Taekwondo			10:30pm-11:00pm
11:00pm-11:30pm	Triple 8		Taekwondo		Taekwondo			11:00pm-11:30pm
11:30pm-12:00am								11:30pm-12:00am
12:00am-12:30am								12:00am-12:30am
12:30am-1:00am								12:30am-1:00am

Effective 9/21/09

Martial Arts Room

Fall 2009

Red = Instructional Class		Black = Sport Club			Blue = ODUS		
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Effective 9/21/09

