

TNT School of MARTIAL ARTS 2019 program schedule

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Daytime Kickboxing	10 AM-11 AM	Personal Training Available by appointments	10 AM-11 AM	Personal Training Available by appointments	Personal Training Available by appointments	10 AM-11 AM	
Daytime Karate	11 AM-12 PM	Personal Training Available by appointments	11 AM-12 PM	Personal Training Available by appointments	Personal Training Available by appointments	11 AM-12 PM	9 AM - 11 AM
Karate Tiny Tigers 4-8 yrs. White-Orange	5:30 PM-6:15PM		5:30 PM-6:15PM		Personal Training Available by appointments		
Karate Tiny Tigers 4-8 yrs. Green-Brown	6:15 PM-7 PM		6:15 PM-7 PM		Personal Training Available by appointments		
Karate 8-13 yrs. White-Orange		5:30 PM-6:30PM		5:30 PM-6:30PM	Personal Training Available by appointments		
Karate 8-13 yrs. Green-Brown		6:30 PM- 7:30PM		6:30 PM- 7:30PM	Personal Training Available by appointments		
Karate 13 yrs+ Green-Brown	7 PM-8 PM		7 PM-8 PM		Personal Training Available by appointments		
Karate 13 yrs+ White-Orange	8PM-9PM		8PM-9PM		Personal Training Available by appointments		
Kickboxing 8-13 yrs. All Belt		5:30 PM-6:30PM		5:30 PM-6:30PM	Personal Training Available by appointments		
Kickboxing 13 yrs+ All Belt		6:30 PM-7:30PM		6:30 PM-7:30PM	Personal Training Available by appointments		
BJJ Jujitsu 13 yrs +	7:45 PM-9PM		7:45 PM-9PM		Personal Training Available by appointments	11:30 AM-1 PM	
Ladies Kickboxing 13 yrs +		7:45 PM-9PM		7:45 PM-9 PM	Personal Training Available by appointments		