TNT School of MARTIAL ARTS
program schedule

Programs	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9-10 AM						**Ladies only Kickboxing**	
10-11 AM		**Kickboxing**		**Kickboxing**		**Kickboxing** All Classes	
11:15AM-12PM		**Karate**		**Karate**		**TINY TIGERS KARATE 4-7 yrs**	
12PM-1PM						Open for Practice	
5:15-6:15PM	**Karate White Belts 7-12 yrs**	**Kickboxing All Ranks 7-12 yrs**	**Karate White Belts 7-12 yrs**	**Kickboxing All Ranks 7-12 yrs**	**Karate White Belts 7-12 yrs**		
6:15-7:15PM	**Karate Colour Belt 7-12 yrs**	**Kickboxing All Ranks 13+ yrs**	**Karate Colour Belt 7-12 yrs**	**Kickboxing All Ranks 13+ yrs**	**Karate Colour Belt 7-12 yrs**		
7:15-8:15PM	**Karate Adult All Classes 13+**	**Ladies only Kickboxing**	**Karate Adult All Classes 13+**	**Ladies only Kickboxing**	**Karate Adult All Classes 13+**		
8:15-9:15PM	Open practice		Open practice				