

TNT School of MARTIAL ARTS 2019 program schedule

PROGRAMS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DAYTIME KICKBOXING	10:00AM - 11:00AM	Personal Training Available by appointment	10:00AM - 11:00AM	Personal Training Available by appointment	Personal Training Available by appointment	10:00AM - 11:00AM	
DAYTIME KARATE	11:00AM - 12:00PM	Personal Training Available by appointment	11:00AM - 12:00PM	Personal Training Available by appointment	Personal Training Available by appointment	11:00AM - 12:00PM	9:00AM - 11:00AM
KARATE: TINY TIGERS 4 - 8 YEARS WHITE - ORANGE	5:30PM - 6:15PM		5:30PM - 6:15PM		Personal Training Available by appointment		
KARATE: TINY TIGERS 4 - 8 YEARS GREEN - BROWN	6:15PM - 7:00PM		6:15PM - 7:00PM		Personal Training Available by appointment		
KARATE 8 - 13 YEARS WHITE - ORANGE		5:30PM - 6:30PM		5:30PM - 6:30PM	Personal Training Available by appointment		
KARATE 8 - 13 YEARS GREEN - BROWN		6:30PM - 7:30PM		6:30PM - 7:30PM	Personal Training Available by appointment		
KARATE 13+ YEARS GREEN - BROWN	7:00PM - 8:30PM		7:00PM - 8:30PM		Personal Training Available by appointment		
KARATE 13+ YEARS WHITE - ORANGE	7:00PM - 8:30PM		7:00PM - 8:30PM		Personal Training Available by appointment		
KICKBOXING 8 - 13 YEARS ALL BELTS		5:30PM - 6:30PM		5:30PM - 6:30PM	Personal Training Available by appointment		
KICKBOXING 13+ YEARS ALL BELTS		6:30 PM to 7:30 PM		6:30 PM to 7:30 PM	Personal Training Available by appointment		
LADIES KICKBOXING 13+ YEARS		7:45PM - 9:00PM		7:45PM - 9:00PM	Personal Training Available by appointment		
13+ KICKBOXING ALL BELTS "SPARRING 101" IN THE TNT BOXING RING		7:30PM - 8:30PM		7:30PM - 8:30PM	Personal Training Available by appointment		