XEN-DO®
MARTIAL ARTS

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30							
7:00							
7:30							
8:00							
8:30							
9:00							
9:30							
10.00	Personal Classes	All Grades Class 10:00-11:00	Personal Classes	All Grades Class 10:00-11:00	Personal Classes	Personal Classes	Personal Classes
10.30							
11.00		Personal Classes		Personal Classes		Learn to Spar Class 11:00-12:00	All Grades Class 11:00-12:00
11.30							
12.00					All Grades Class 12:00-13:00	Little Champs Class 12:00-12:30	Teenagers Class 12:00-12:45
12.30	All Grades Class 12:30-13:15		All Grades Class 12:30-13:15			Junior Champs Class 12:30-13:15	
13.00		All Grades Class 13:00-13:45		All Grades Class 13:00-13:45		All Grades Class 13:15-14:00	
13.30							
14.00					Personal Classes		Personal Classes
14.30						Personal Classes	
15.00	Personal Classes	Personal Classes	Personal Classes	Personal Classes			
15.30							
16.00							
16.30	Little Champs Class 16:30-17:00		Little Champs Class 16:30-17:00				
17.00	Junior Champs 17:00-17:45		Junior Champs 17:00-17:45				
17.30		Learn to Spar Class & Teenager Class 17:15-18:00		Learn to Spar Class & Teenager Class 17:15-18:00			
18.00	Beginners Class 18:00-19:00	Intermediate & Senior Class 18:00-19:00	Beginners Class 18:00-19:00	Intermediate & Senior Class 18:00-19:00			
18.30							
19.00	Intermediate & Senior Class 19:00-20:00	Beginners Class 19:00-20:00	Intermediate & Senior Class 19:00-20:00	Beginners Class 19:00-20:00			
19.30							
20.00		All Grades Class 20:00-20:45		All Grades Class 20:00-20:45			
20.30							
21.00							