

PAL



PAL MARTIAL ARTS CLASS SCHEDULE

(as of JUNE 1, 2021)

The following classes focus on the Basic and Fundamentals of the Martial Arts

They are open to all new students and potential students who are trying our classes.

Students train in One (1) Style to begin.

Only advanced students with instructor/Director permission may cross train.

MON	TUE	WED	THU	FRI
KARATE LITTLE DRAGONS 5 - 6:15pm		KARATE YOUTH 5 - 6:15pm	JUDO KIDS 5 - 6pm	
TAEKWONDO 7 - 8pm		TAEKWONDO 7 - 8pm	JUDO (11+) 6:30 - 8pm	
