



## PAL MARTIAL ARTS CLASS SCHEDULE

(as of MARCH 2022)

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.

**\*\*\*No Karate Classes on 3<sup>rd</sup> Monday of Each Month\*\*\***

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MON	TUE	WED	THU	FRI
KARATE 5 - 6pm		KARATE 5 - 6pm	JUDO KIDS 5 - 6pm	
TAEKWONDO 7 - 8pm		TAEKWONDO 7 - 8pm	JUDO (age 9+) 6:30 - 8pm	

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