



PALLEN'S
MARTIAL ARTS™

Parking Lot Schedule- Outdoor Classes

| Time | Monday/Wednesday | Tuesday/Thursday |
|---------------|-----------------------|------------------|
| 4:00pm | Big Tigers | Tigers |
| 4:45pm | Seniors | Juniors |
| 5:30pm | Freshmen | Sophomores |
| 6:15pm | Freshmen | Teens/Adults |
| 7:00pm | Black Belt (Wed only) | |

Inside Karate Schedule- Indoor Classes

| Time | Mon/Weds | Tues/Thurs | Friday | Saturday |
|----------------|----------------------|--------------------------|-------------------|----------|
| 7:00am | | Adults | | |
| 10:00am | | | | Tigers |
| 10:45am | | | | Freshmen |
| 4:15pm | Freshmen | Freshmen | | |
| 4:30pm | | | Cubs (3-4 yr old) | |
| 5:00pm | Sophomores | Freshmen | Cubs (3-4 yr old) | |
| 5:45pm | Tigers | Big Tigers | | |
| 6:30pm | Sophomores & Juniors | Seniors | | |
| 7:15pm | Teens/Adults | Black Belt (Thurs. Only) | | |



PALLEN'S
MARTIAL ARTS™

Fitness Class Schedule- Indoor Gym

| Time | Monday | Wednesday | Tuesday/Thursday |
|---------------|--------------------------|-----------------------------------|---------------------|
| 6:15pm | Senkotiros (Mon only) | Basic Self Defense (Weds only) | Intro to Kickboxing |
| 7:00pm | | | Kickboxing |

Black Belt Club Schedule- Indoors

| Time | Monday | Tuesday | Wednesday | Friday | Saturday |
|----------------|-------------|-------------------------------|----------------|----------------|------------|
| 11:30am | | | | | Kickboxing |
| 4:15pm | L2 Sparring | | L2 Performance | | |
| 5:45pm | | | | L1 Performance | |
| 6:30pm | | | | L1 Sparring | |
| 7:15pm | | L3 Sparring Teens & Adults | | | |

Virtual Class Schedule

| Time | Monday/Wednesday | Tuesday/Thursday |
|---------------|------------------|--------------------------|
| 4:00pm | | Tigers/Big Tigers |
| 4:45pm | | Juniors |
| 5:30pm | | Sophomores |
| 6:15pm | | Freshmen |
| 7:00pm | | Seniors |
| 7:15pm | Teens/Adults | Black Belts (Thurs only) |