

# MKG NORTH CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00						CARDIO KICKBOXING	
8:30							
9:00						KALI	
9:30							
10:00						BJJ	
11:00							PHASE 1
12:30							
4:00							
5:00	LITTLE NINJAS 4-6	LITTLE DRAGONS 7-11	LITTLE NINJAS 4-6	LITTLE DRAGONS 7-11	PHASE 1		
5:45							
6:00	CARDIO KICKBOXING	PHASE 1	GHOST FIGHTING SYSTEM	CARDIO KICKBOXING	MIXED ARTS		
6:30							
7:00	SILAT	KALI	SILAT	JUN FAN/ JKD			
7:30					SSBD		
8:30							