



**Aikido**

Ages 18+  
All Levels  
Tues/Thurs 6:30 - 7:30pm

**Chi-Town Bootcamps**

Ages 18+ All Levels  
M/W/Fri 5-6 am; 6-7am; 7-8am; 9-10am  
Tues/Thurs/Fri 5:30 - 6:30pm  
Saturday 8-9am; 9-10am

**Gracie Jiu-Jitsu**

Ages 18+  
All Levels  
Mon/Wed/Fri 6:00 - 7:00 pm  
Saturdays 11:00 -12:00 pm  
Sundays 6:00-7:00 pm (Open Mat)

**Kendo**

Ages 18+ All Ranks  
Fridays 9:00 - 10:30pm  
Sundays 9:00 - 10:30am

**Muay Thai Kickboxing**

Ages 18+  
All Levels  
Mondays 8:00-9:00 pm  
Tues/Wed/Thurs 7:00 - 8:00 pm  
Tues/Wed/Fridays 12:00 - 1:00 pm  
Saturdays 10:30-12:00 pm

**Karate**

*Little Dragons Karate*  
Ages 4-6 All Ranks  
M/Tu/W/Th 4:00-4:30pm  
Saturdays 9:00 - 9:30 am

*Kids/Youth Karate*

Ages 7-12 All Ranks  
M/Tu/W/Th 4:30-5:30pm

*Teen/Adult Beginner*

Ages 13+ White-Yellow  
Mon/Wed 5:30-6:30pm

*Teen/Adult Continuers*

Ages 13+  
Yellow - Black Belt  
Mon/Wed 1-2:30 pm  
Mon/Wed/Fri 6:30-7:30pm

*Teen/Adult Advanced*

Ages 13+  
Brown & Black Belts  
Tues/Thurs 7:30 - 9:00pm

*Family Karate*

Ages 7+ All Ranks  
Saturdays 9:30-10:30 am

*Ki - Energy Training*

Ages 18+  
Brown & Black Belts  
12:00 - 2:00pm

ALL CLASSES ARE SUBJECT TO CHANGE --  
SEE OUR WEBSITE FOR UPDATES

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DOJO KUN  
Strive for betterment of character  
Protect the way of truth  
Respect others  
Foster the spirit of effort  
Guard against impetuous courage

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