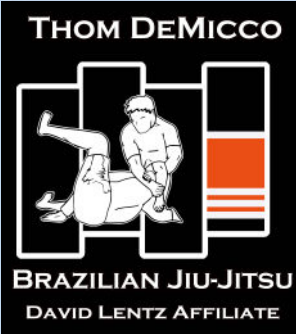


# CROW MARTIAL ARTS

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Mon	Tue	Wed	Thu	Fri	Sat	Sun
			LEO ONLY 8:00 - 9:00 AM	LEO ONLY 8:00 - 9:00 AM		
			CARDIO 9:00 - 9:30 AM	CARDIO 9:00 - 9:30 AM		
JUNIORS MMA 5:15 - 6:00 PM	JUNIORS MMA 5:15 - 6:00 PM	JUNIORS MMA 5:15 - 6:00 PM	JUNIORS MMA 5:15 - 6:00 PM	JUNIORS MMA 5:15 - 6:00 PM	LEO ONLY 4:30 - 5:30 PM	BJJ OPEN MAT 4:00 - 5:30 PM
CARDIO 6:00 - 6:30 PM	CARDIO 6:00 - 6:30 PM	CARDIO 6:00 - 6:30 PM	CARDIO 6:00 - 6:30 PM	SELF DEFENSE 6:00 - 6:45 PM		
NO GI BJJ 6:30 - 8:00 PM	GI BJJ 6:30 - 7:15 PM	NO GI BJJ 6:30 - 8:00 PM	GI BJJ 6:30 - 7:15 PM	OPEN MAT 6:45 - 7:45 PM		
	KICKBOXING 7:15 - 8:00 PM		KICKBOXING 7:15 - 8:00 PM			

SCHEDULE SUBJECT TO CHANGE - EFFECTIVE 4/13/24