	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions	Private Training Sessions		By Appointment Only
9:00 AM	**Seniors Fitness Class**	**Tai Chi - Beginner NSCC Middleton**	**Seniors Fitness Class**	**Tai Chi - Bridgetown Community Sports Hub**		**Karate - Children Age 5-8**	
10:00 AM	Private Training Sessions Start		**High School Martial Arts**		**Tai Chi - Bridgetown Centrelea Hall**	**Tai Chi - Middleton**	
10:30 AM		**Tai Chi - Beginner NSCC Middleton**					
11:15 AM						**Karate - Children Age 9-12**	
12:30 PM		Private Training Sessions Start	Private Training Sessions Start	**Tai Chi - Level 2 NSCC Middleton**	Private Training Sessions Start	Private Training Sessions Start	
1:00 PM	**Karate - Age 55+**						
2:00 PM	Private Training Sessions Start			**Self Defense - Age 55+ NSCC Middleton**			
2:30 PM							
6:00 PM		**Karate - Youth Age 13-17**		**Karate - Youth Age 13-17**			
7:15 PM		**Karate - Adult Age 18+**		**Karate - Adult Age 18+**			