

*Monday- Friday 1pm-9pm (Friday we close at 7:30pm), Saturday 8am-Noon*

- Monday:**  
1:30-4pm Open mat & coaching  
4-4:40pm Kids' Kenpo Yellow  
5-5:45pm Youth Kenpo White  
6-6:45pm Women's RIP  
6:45-8:15pm Adult Kenpo & Kickboxing
- Tuesday:**  
1:30-3pm Open mat & coaching  
3:15-3:45pm Tot Kenpo  
\*4-4:40pm Kids' Kenpo White  
\*4:30-5:15pm Youth Kenpo Yellow  
5:15-6pm All Children Orange & above  
6-6:45pm Women's RIP  
6:45-8:15pm Adult Kenpo & Kickboxing  
8:15-8:45pm or *Exhausted* Adult Sparring
- Wednesday:**  
1:30-4pm Open mat & coaching  
4-4:40pm Kids' Kenpo Yellow  
5-5:45pm Youth Kenpo White  
6-6:45pm Women's RIP  
6:45-8:15pm Adult Kenpo & Kickboxing
- Thursday:**  
1:30-3pm Open mat & coaching  
3:15-3:45pm Tot Kenpo  
\*4-4:40pm Kids' Kenpo White  
\*4:30-5:15pm Youth Kenpo Yellow  
5:15-6pm All Children Orange & above  
6-6:45pm Women's RIP  
6:45-8:15pm Adult Kenpo & Kickboxing  
8:15-8:45pm or *Exhausted* Adult Sparring
- Friday:**  
1:30-5pm Open mat & coaching  
5-5:45pm Youth Kenpo White  
5:45-6:30pm Women's RIP  
6:30-7:30pm Adult Kenpo & Kickboxing
- Saturday:**  
8-9am Adult Kenpo & Kickboxing  
\*9-10am Black Belt Kenpo  
\*9-9:45am Women's RIP  
10-10:45am All Children's Kenpo  
10:45-11:30am All Children's Sparring

*\*Classes run simultaneously*

Tots Kenpo 2-4, Kids Kenpo 4-6, Youth Kenpo 7-12. Morning, Evening, & Saturday fitness classes are for adults and teens by invitation. Adult Kenpo is for adults and teens & Sparring is for all adult Kenpo students yellow belt and above.

***www.PEAKFMA.com***

***480-419-PEAK (7325)***