

Class Schedule

5 Elements Studio

• Kids Martial Arts

Monday | 4:30 pm Self Defense

Tuesday | 4:30 pm Self Defense

Thursday | 4:30 pm Self Defense

Thursday | 5:15 pm No Gi Jiu Jitsu

Thursday | 6:00 pm Self Defense

Saturday | 9:15 am Self Defense

• Kickboxing

Monday | 5:45 pm

Tuesday | 5:45 pm

Wednesday | 5:45 pm

Friday | 5:30 pm

• Jiu Jitsu

Monday | Gi 6:30 pm

Tuesday | Gi 6:00 am

Tuesday | No Gi 6:30 pm

Wednesday | Gi 6:00 am

Wednesday | Gi 11:30 am

Wednesday | Gi 6:30 pm

Thursday | Gi 6:00 am

Thursday | No Gi 6:45 pm

Friday | Gi 11:30 am

Saturday | Gi 10:00 am

• Yoga & Movement

Monday | 9:30 am

Wednesday | 9:30 am

Friday | 9:30 am

