

The Martial Arts & Fitness Center
Class Schedule

KIDS (ages)	MON	TUES	WED	THURS	SAT
KARATE (4+)	5:30		5:30		10:00am
PEACEFUL WARRIORS				5:00	
GROUNDEFENSE (7+)				5:30	
ADULTS (16+)	MON	TUES	WED	THURS	SAT
KENPO KARATE	6:30		6:30		
WING CHUN KUNG FU	7:30		7:30		
GROUNDEFENSE				5:30	
MMA CONDITIONING & SPARRING					9:00am
TAI CHI		10:00am 7:30pm		10:00am 7:30pm	

400 E. King Street, Malvern | www.KarateROX.com | 610.640.9232