

# SUNRISE MARTIAL ARTS



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**\*Private sessions available upon request\***

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Adults		Adults	
Private lesson	Private lesson	All Belts	Private lesson	All Belts	Private lesson
		12:00 - 12:40		12:00 - 12:40	
Children	Children	Children	Children	Children	Little Heroes
All Belts	All Belts	All Belts	All Belts	All Belts	(age 3-4)
3:00 - 3:40	3:00 - 3:40	3:00 - 3:40	3:00 - 3:40	3:00 - 3:40	9:30 - 10:00
Children	Children	Children	Children	Children	
All Belts	All Belts	All Belts	All Belts	All Belts	All Belts
3:50 - 4:30	3:45 - 4:25	3:50 - 4:30	3:45 - 4:25	3:45 - 4:25	10:05 - 10:45
Children	Little Heroes	Children	Little Heroes	Black Belt	
Advance level	(age 3-4)	Advance level	(age 3-4)		All Belts
4:35 - 5:15	4:30 - 5:00	4:35 - 5:15	4:30 - 5:00	4:30 - 5:10	10:50 - 11:30
Adults	Adults/	Adults	Adults/		
All Belts	All Belts	All Belts	All Belts	Private lesson	Birthday Party
5:20 - 6:00	5:05 - 5:45	5:20 - 6:00	5:05 - 5:45		