

CTL CLASS SCHEDULE

EFFECTIVE: JANUARY 4, 2024

MONDAY

5:30-6:30 PM SELF DEFENSE/WEAPONS
6:30-7:15 PM BEGINNERS
7:15-8:15 PM K4K

TUESDAY

6:30-8:00 PM INTERMEDIATE/ADVANCE

WEDNESDAY

6:30-8:00 PM KIDS/ADULTS SPARRING

THURSDAY

6:30-7:30 PM K4K
7:30-8:30 PM INTERMEDIATE/ADVANCE

FRIDAY

5:30-6:30 PM BOARD BREAKING/OPEN FLOOR
6:30-7: PM BEGINNERS

