



6743 Dublin Blvd. Unit 35, Dublin, CA, 94568
Tel: 925-361-7372/Pallens.info@gmail.com



MONDAY

Freshman (7-12 yrs. old)
White-Yellow Belt
3:45 PM - 4:30 PM

Tigers (4-6yrs. old)
All Color Belts
4:40 PM - 5:10 PM

Sophomores (7-12yrs. old)
Orange-Adv. Purple Belt
5:20 PM - 6:05 PM

Juniors/Seniors (7-12yrs. old)
Jr. (Blue-Adv. Green Belt)
Sr. (Brown-Brown/Black Belt)
6:15 PM - 7:00 PM

Teens & Adults
(12yrs. old - Adults)
Under Belts
7:30 PM - 7:55 PM

TUESDAY

Tigers (4-6yrs. old)
All Color Belts
3:45 PM - 4:15 PM

Sophomores (7-12yrs. old)
Orange-Adv. Purple Belt
4:25 PM - 5:10 PM

Tigers (4-6yrs. old)
All Color Belts
5:20 PM - 5:50 PM

Freshman (7-12 yrs. old)
White-Yellow Belt
6:00 PM - 6:45 PM

Juniors/Seniors (7-12yrs. old)
Jr. (Blue-Adv. Green Belt)
Sr. (Brown-Brown/Black Belt)
6:55 PM - 7:40 PM

Black Belts
(Juniors - Adults)
7:50 PM - 8:35 PM

WEDNESDAY

Freshman (7-12 yrs. old)
White-Yellow Belt
3:45 PM - 4:30 PM

Tigers (4-6yrs. old)
All Color Belts
4:40 PM - 5:10 PM

Sophomores (7-12yrs. old)
Orange-Adv. Purple Belt
5:20 PM - 6:05 PM

Juniors/Seniors (7-12yrs. old)
Jr. (Blue-Adv. Green Belt)
Sr. (Brown-Brown/Black Belt)
6:15 PM - 7:00 PM

Teens & Adults
(12yrs. old - Adults)
Under Belts
7:10 PM - 7:55 PM

THURSDAY

Tigers (4-6yrs. old)
All Color Belts
3:45 PM - 4:15 PM

Sophomores (7-12yrs. old)
Orange-Adv. Purple Belt
4:25 PM - 5:10 PM

Tigers (4-6yrs. old)
All Color Belts
5:20 PM - 5:50 PM

Freshman (7-12 yrs. old)
White-Yellow Belt
6:00 PM - 6:45 PM

Juniors/Seniors (7-12yrs. old)
Jr. (Blue-Adv. Green Belt)
Sr. (Brown-Brown/Black Belt)
6:55 PM - 7:40 PM

Black Belts
(Juniors - Adults)
7:50 PM - 8:35 PM

FRIDAY

Freshman (7-12 yrs. old)
White-Yellow Belt
3:45 PM - 4:30 PM

Tigers (4-6yrs. old)
All Color Belts
4:40 PM - 5:10 PM

Comp. Forms
5:15 PM - 6:00 PM

Comp. Sparring
6:00 PM - 7:00 PM

SATURDAY SUNDAY

Available Upon Request
Private Group Classes/Personal Training
Birthday Parties

@pallensmartialartstrivalley
facebook.com/pallensmartialarts
Pallens Martial Arts Tri-Valley



6398 Dougherty Rd. Unit 19 Dublin, CA, 94568
Tel: 925-361-0770/Pallens.info@gmail.com



MONDAY

Competition
(Black Belt Club)
5:00 PM - 6:00 PM

Black Belts
(Juniors - Adults)
6:10 PM - 6:55 PM

Breed Boxing Fitness
(12yrs. old - Adults)
7:00 PM - 7:30 PM

Filipino Martial Arts
(Kids)
7:40 PM - 8:25 PM

TUESDAY

Teens/Adults
(12yrs. old - Adults)
(Under Belts)
6:10 PM - 6:55 PM

Breed Boxing Fitness
(12yrs. old - Adults)
7:00 PM - 7:30 PM

WEDNESDAY

Breed All Abilities
5:15 PM - 6:00 PM

Black Belts
(Juniors - Adults)
6:10 PM - 6:55 PM

Breed Boxing Fitness
(12yrs. old - Adults)
7:00 PM - 7:30 PM

Filipino Martial Arts
(Teens/Adult)
7:40 PM - 8:25 PM

THURSDAY

Teens/Adults
(12yrs. old - Adults)
(Under Belts)
6:10 PM - 6:55 PM

Breed Boxing Fitness
(12yrs. old - Adults)
7:00 PM - 7:30 PM

FRIDAY

Breed All Abilities
5:15 PM - 6:00 PM

Filipino Martial Arts
(Teens/Adult)
6:45 PM - 7:30 PM

SATURDAY SUNDAY

Breed Yoga
8:30 AM - 9:15 AM

(Sat) Breed Boxing Fitness
(12yrs. old - Adults)
8:30 AM - 9:00 AM

Breed All Abilities
10:15 AM - 11:00 AM

Available Upon Request
Private Group Classes/Personal Training