



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
 7:10 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 - 7:00PM

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

