



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



**MONDAY**

**Limitless Abilities (Teens/Adults)**  
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**  
(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)  
7:30 PM - 8:00 PM

**WEDNESDAY**

**Limitless Abilities (Kids 7-12)**  
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)  
5:15 PM - 6:00 PM

**Breed Jiu Jitsu**  
6:15 PM - 7:00 PM

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

**FRIDAY**

**Limitless Abilities (Kids 4-6)**  
5:15 PM -5:45 PM

**Limitless Abilities (Kids 7-12)**  
5:55 PM -6:40 PM

**Filipino Martial Arts**  
(Teens/Adult)  
6:50 PM - 7:50PM

**\*SATURDAY**

**Limitless Abilities (Teens/Adults)**  
10:15 AM -11:00 AM

**Limitless Abilities (Kids 7-12)**  
11:15 AM -12:00 PM

**Available Upon Request**  
Private Group Classes/Personal Training



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

**Freshman (7-12 yrs. old)**  
**White-Yellow 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

**Black Belts**  
 (Juniors - Adults)  
 7:10 PM - 7:55 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

**Freshman (7-12 yrs. old)**  
**White-Yellow 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

**Black Belts**  
 (Juniors - Adults)  
 7:10 PM - 7:55 PM

### FRIDAY

**Comp. Sparring**  
 4:30 PM - 5:15 PM

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

**Teens & Adults**  
 6:00 PM - 6:45 PM

**Demo Team**  
 7:00 PM - 8:00PM

### SATURDAY SUNDAY

**Available Upon Request**

Private Group Classes/Personal Training  
 Birthday Parties

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