PALLEN'S MARTIAL ARTS

WEEKLY CLASS SCHEDULE

6743 Dublin Blvd, Ste 35

Monday	Tuesday	Wednesday	Thursday	Friday
3:45 – 4:30 pm Freshman (Ages 7–12) White–Yellow Belt	**3:45 – 4:15 pm** Tigers (Ages 4–6) All Color Belts	**3:45 – 4:30 pm** Freshman (Ages 7–12) White–Yellow Belt	**3:45 – 4:15 pm** Tigers (Ages 4–6) All Color Belts	**4:30 – 5:15 pm** Comp. Sparring
4:40 – 5:10 pm Tigers (Ages 4–6) All Color Belts	**4:25 – 5:10 pm** Sophomores (Ages 7–12) Orange–Adv. Purple Belt	**4:40 – 5:10 pm** Tigers (Ages 4–6) All Color Belts	**4:25 – 5:10 pm** Sophomores (Ages 7–12) Orange–Adv. Purple Belt	**5:15 – 6:00 pm** Comp. Forms
5:20 – 6:05 pm Sophomores (Ages 7–12) Orange–Adv. Purple Belt	**5:20 – 6:05 pm** Freshman (Ages 7–12) White–Yellow Belt	**5:20 – 6:05 pm** Sophomores (Ages 7–12) Orange–Adv. Purple Belt	**5:20 – 6:05 pm** Freshman (Ages 7–12) White–Yellow Belt	**6:00 – 6:45 pm** Teens & Adults
6:10 – 6:55 pm Black Belts (Juniors–Adults)	**6:15 – 7:00 pm** Juniors/Seniors (Ages 7–12) Jr. (Blue–Adv Belt) Sr. (Brown–Brown/Black Belt)	**6:10 – 6:55 pm** Black Belts (Junior–Adults)	**6:15 – 7:00 pm** Juniors/Seniors (Ages 7–12) Jr. (Blue–Adv Belt) Sr. (Brown–Brown/Black Belt)	**7:00 – 8:00 pm** Demo Team
7:10 – 7:55 pm Teens & Adults (Ages 12+) Under Belts	**7:10 – 7:55 pm** Black Belts (Junior–Adults)	**7:10 – 7:55 pm** Teens & Adults (Ages 12+) Under Belts	**7:10 – 7:55 pm** Black Belts (Junior–Adults)	

CALL (925) 361-7372 · EMAIL pallens.info@gmail.com

PALLEN'S MARTIAL ARTS 6743 Dublin Blvd, Ste 35, Dublin, CA 94568

PALLEN'S MARTIAL ARTS

WEEKLY CLASS SCHEDULE

Breed Fitness, 6715 Dublin Blvd, Unit N

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15 – 6:00 pm Limitless Abilities (Teens & Adults)	**6:10 – 6:55 pm** Teens/Adults (Ages 12+/Under Belts)	**5:15 – 6:00 pm** Limitless Abilities (Kids 7–12)	**5:15 – 6:00 pm** Adult Black Belts	**5:15 – 5:45 pm** Limitless Abilities (Little Champs 4–6)	**10:15 – 11:00 am** Limitless Abilities (Teens & Adults)	Closed
6:15 – 7:00 pm Juniors/Seniors (Ages 7–12) Jr. (Blue–Adv Belt) Sr. (Brown–Brown/Black Belt)	**7:30 – 8:00 pm** Breed Boxing Fitness (Ages 12+)	**6:15 – 7:00 pm** Juniors/Seniors (Ages 7–12) Jr. (Blue–Adv Belt) Sr. (Brown–Brown/Black Belt)	**7:30 – 8:00 pm** Breed Boxing Fitness (Ages 12+)	**5:55 – 6:40 pm** Limitless Abilities (Kids 7–12)	**11:15 am – 12:00 pm** Limitless Abilities (Kids 7–12)	
7:00 – 7:30 pm Breed Boxing Fitness (Ages 12+)		**7:00 – 7:30 pm** Breed Boxing Fitness (Ages 12+)		**6:50 – 7:50 pm** Filipino Martial Arts (Teens/Adults)		
7:40 – 8:25 pm Filipino Martial Arts (Kids)		**7:40 – 8:25 pm** Filipino Martial Arts (Teens/Adults)				

Limitless Abilities adaptive classes. Call or email for a free trial class.