



**MURRAYHILL**  
MARTIAL ARTS

Effective 7.9.21

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*Helping students become the BEST version of themselves!*

MON	TUE	WED	THU	FRI	SAT	SUN
					HYPER 8:00 AM	
					FORMS 1 9:00 AM	
					FORMS 2 9:30 AM	
TIGERS 3:45 PM		TIGERS 3:45 PM				
NINJAS 4:15 PM	TIGERS 4:30 PM	NINJAS 4:15 PM	TIGERS 4:30 PM	BBC Ages 7-10 4:30 PM		
DRAGONS 5:00 PM	NINJAS 5:00 PM	DRAGONS 5:00 PM	NINJAS 5:00 PM	SPARRING DRAGONS 5:00 PM		
WARRIORS 5:45 PM	DRAGONS 5:45 PM	WARRIORS 5:45 PM	DRAGONS 5:45 PM	BBC Ages 11 and up 5:45 PM		
POOME BELTS 6:30 PM	WARRIORS 6:30 PM	POOME BELTS 6:30 PM	WARRIORS 6:30 PM	SPARRING WARRIORS and Up 6:15 pm		
ELITE 7:15 PM	TEEN/ADULT 7:15 PM	ELITE 7:15 PM	TEEN/ADULT 7:15 PM			