



# Diaz Martial Arts Adult Class Schedule



Class	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Teen/Adult HagAnaH (Israeli Self Defense System) F.I.G.H.T.	7:00-8:00 PM	12:00 - 1:00 PM 7:00-8:00PM	7:00-8:00 PM	12:00 - 1:00 PM 7:00-8:00 PM	—	—
Teen/Adult TKD & Kickboxing Korean Karate System	6:00 - 6:50 PM Weapons	5:00 - 5:50 PM Weapons	6:00 - 6:50 PM Sparring	5:00 - 5:50 PM Weapons	—	—
Muay Thai/Muay Lao Kick- Boxing/Boxing & Kick-Boxing	11:00-11:50 AM 8:10-9:10 PM	11:00-11:50 AM	11:00-11:50AM 8:10-9:10 PM	11:00-11:50 AM	11:00-11:50AM	11:00-11:50 AM
Brazilian Jiu Jitsu (Gi/Gi-less)	7:00 - 8:00 AM 12:00-1:00 PM	7:00 - 8:00 AM 8:10-9:10 PM	7:00 - 8:00 AM 12:00-1:00 PM	7:00 - 8:00 AM 8:10-9:10 PM	7:00 - 8:00 AM 12-1 PM No Gi 6:00 - 7:00 PM Women's Only	12:00-1:00 PM
Filipino Martial Arts & Jeet Kune Do (JKD) (Arnis, Escrido & Kali) Weapons	10:00 - 10:50 AM (Equipment)	—	10:00 - 10:50 AM (Equipment)	—	6:00-6:50 PM (Equipment)	10:00-10:50AM (Equipment)
Israeli Professional Tactical Training Course I.P.T.T. (HANDGUN & RIFLE)	—	—	—	12 - 1 PM (Adult Only) Handgun	7:00 - 7:50 PM (Adult Only) Handgun	9:00 - 9:50 AM (Adult Only) Handgun