MARTIAL ARTS OPEN MAT HOURS

FALL 2026 | SEP 28 - DEC 4

MONDAY: 2:00 - 4:00 PM

TUESDAY: 12:00 - 2:00 PM

WEDNESDAY: 1:00 - 3:00 PM

THURSDAY: 12:30 - 2:00 PM

FRIDAY: 12:00 - 2:00 PM

SATURDAY: 12:00 -2:00 PM

SUNDAY: 3:00 - 5:00 PM

BLUE ROOM *FREE!*

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