

MARTIAL ARTS OPEN MAT HOURS

SPRING 2026 | APRIL 6 - JUNE 1

MONDAY: 1:00 - 3:00 PM

TUESDAY: 12:00 - 2:00 PM

WEDNESDAY: 1:00 - 3:00 PM

THURSDAY: 12:00 - 2:00 PM

FRIDAY: 12:00 - 2:00 PM

SATURDAY: 1:00 - 3:00 PM

SUNDAY: 3:00 - 5:00 PM

BLUE ROOM *FREE!*