



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Yoga 9am-10am Self-Defense 10am - 11am Kickboxing 11am - 12pm AZ Freestyle Judo Open Mat* 12pm
Mat Monkeys I (Ages 4-7 yrs) 5pm - 5:45pm	Mat Monkeys I (Ages 4-7 yrs) 5pm - 5:45pm	Mat Monkeys I (Ages 4-7 yrs) 5pm - 5:45pm	Mat Monkeys I (Ages 4-7 yrs) 5pm - 5:45pm		
Mat Monkeys II (Ages 8-12 yrs) 6pm - 6:50pm	Beginner Judo 6pm - 7pm	Mat Monkeys II (Ages 8-12 yrs) 6pm - 6:50pm	Beginner Judo 6pm - 7pm		
Teen/Adult Kickboxing 7pm - 8pm	Teen/Adult Self-Defense 7pm - 8pm	Teen/Adult Kickboxing 7pm - 8pm	Teen/Adult Self-Defense 7pm - 8pm		

* AAU Membership Required

For more info, visit us at CoachDecker.com or call us at 480-656-9914.