

Chantilly Family Martial Arts Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Sunday
8:00 AM						Okinawa Longevity & Mobility		
8:30 AM								
9:00 AM						Junior Martial Arts		
9:30 AM						Kids Martial Arts		
10:00 AM								
10:30 AM						Adult Martial Arts		
11:00 AM								
12:30 -3:00 PM								
3:00 PM						Leadership Demonstration Team		
3:30 PM						Eisa Drumming		
4:00 PM							Kobudo	
4:30 PM	Junior Martial Arts	Junior Martial Arts	Junior Martial Arts	Junior Martial Arts		Junior Martial Arts		Open Training
5:00 PM	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts	Kids Martial Arts		Kids Martial Arts		
5:30 PM								
6:00 PM	Adult Martial Arts	Adult Martial Arts	Adult Martial Arts	Adult Martial Arts		Adult Martial Arts		
6:30 PM					Open Training / Private Lessons			
7:00 PM	Advanced / Black Belt	Okinawa Longevity & Mobility	Advanced / Black Belt	Advanced / Black Belt				
7:30 PM								
8:00 PM								