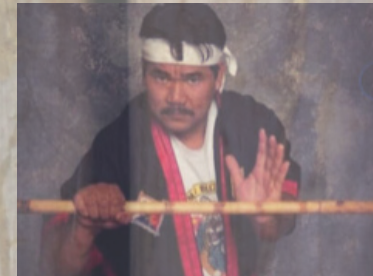


SATORI THIS WEEK..

WEEK OF FEBRUARY 17, 2020



MONDAY

MIGHTY MITES
4:30PM-5:10PM

BASIC JUNIORS
5PM-5:45PM

INT/ADV JUNIORS
5:30PM-6:15PM

ADULT FAMILY
6:30PM - 7:30PM

GARIMOT ARNIS
7:30PM - 8:30PM

TUESDAY

**EARLY MORNING
TRAINING**
6AM-9AM

ADULT FAMILY
12PM-1PM

MIGHTY MITES
4:30PM-5:10PM

BASIC JUNIORS
5PM-5:45PM

INT/ADV JUNIORS
5:30PM-6:15PM

ADULT FAMILY
6:30PM - 7:30PM

GARIMOT ARNIS
7:30PM - 8:30PM

WEDNESDAY

**EARLY MORNING
TRAINING**
6AM-9AM

MIGHTY MITES
4:30-5:10PM

**BASIC INTER &
ADVANCE JUNIORS**
5PM-5:45PM

JUDO
5:45PM-6:45PM

ADULT FAMILY
6:30PM - 7:30PM

GARIMOT ARNIS
7:30PM - 8:30PM

THURSDAY

EARLY MORNING TRAINING
6AM-7:30AM

ADULT FAMILY
12PM- 1PM

MIGHTY MITES
4:30PM-5:10PM

BASIC JUNIORS
5PM - 5:45PM

INT/ADV JUNIORS
5:30PM-6:15PM

ADULT FAMILY
6:30PM - 7:30PM

**SENSEI TONY
JUDO/JIU JITSU
STANDARDS**
6:30PM - 8PM

GARIMOT ARNIS
7PM - 8PM

SATURDAY

**ADULT / FAMILY
ALL ARTS
TRAINING**
7AM-9AM

MIGHTY MITES
9:AM-9:45AM

ALL JUNIORS
10AM - 10:45AM

OPEN MAT
11AM-12PM

JUDO
11AM-12PM

**RESTORATION
MASSAGE
&
BODY BALANCING**

Garimot Arnis Morning Training 6am or 8am

PLEASE LET US KNOW IF YOU'D LIKE TO ATTEND

**GARIMOT ARNIS TRAINING
INTERNATIONAL
FILIPINO MARTIAL ARTS**