

ASC Time Table

Block No.1	Start Time	End Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1	5:15 AM	6:15 AM							
2	6:30 AM	7:30 AM							
3	7:45 AM	8:45 AM							
4	9:00 AM	10:00 AM							
5	10:15 AM	11:15 AM							
6	11:30 AM	12:30 PM							
7	12:45 PM	1:45 PM							
8	2:00 PM	3:00 PM	JIU-JITSU D+C+B	JUDO D+C+B	LEGO D+C	JIU-JITSU D+C+B	JUDO D+C+B	LEGO D+C	
9	3:15 PM	4:15 PM	KARATE - D	KICK-BOXING D	TAEKWONDO D	KICK-BOXING C	KARATE - D	TAEKWONDO C	
10	4:30 PM	5:30 PM	KARATE - C	KICK-BOXING C	TAEKWONDO C	KICK-BOXING D	KARATE - C	TAEKWONDO D	
11	5:45 PM	6:45 PM	KARATE - A+B	KICK-BOXING B	TAEKWONDO B	KICK-BOXING B	KARATE - A+B	TAEKWONDO B	
12	7:00 PM	8:00 PM	BJJ NO GI B+A	Kung Fu D+C	BJJ NO GI B+A	Kung Fu D+C	BJJ NO GI B+A	Kung Fu D+C	
13	8:15 PM	9:15 PM	KICK-BOXING A	Kung Fu B	KICK-BOXING A	Kung Fu B	KICK-BOXING A	Kung Fu B	
14	9:30 PM	10:30 PM	ESKRIMA	Kung Fu A	ESKRIMA	Kung Fu A	ESKRIMA	Kung Fu A	
15	10:45 PM	11:45 PM							

Age	Adult	15-17yr	10-14yr	4-9yr
Group	A	B	C	D
KICK-BOXING				
TAEKWONDO				
KARATE				
JUDO				
BOXING				
BJJ NO GI				
JIU-JITSU				
ESKRIMA				
SELF DEFENSE				
GROUP FITNESS				