RYDE SCHEDULE

TUESDAY

17:00 - 17:45 KIDS 5 - 8

17:00 - 17:45JUNIORS 9 - 12

THURSDAY

7:00PM - 8:00PMOPEN KRAV

7:00PM - 8:00PMOPEN KRAV

8:00PM - 8:30PM COMBAT TACTICS 8:00PM - 8:30PM STRIKING & PADWORK