



## WEEKLY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Boxing Fundamentals 11:00am-12:00pm	Muay Thai/Kickboxing Fundamentals 11:00am-12:00pm	Boxing Fundamentals 11:00am-12:00pm	Muay Thai/Kickboxing Fundamentals 11:00am-12:00pm	Jeet Kune Do Self Defense 10:00am-11:00am	Muay Thai/Kickboxing Technical Class 11:00am-12:00pm
	Muay Thai/Kickboxing Intermediate 12:00pm-1:00pm		Muay Thai/Kickboxing Intermediate 12:00pm-1:00pm		Boxing Intermediate 12:00pm-1:00pm
Youth Boxing 5:00pm-6:00pm	Justice Karate Beginner/Intermediate (5-12yo) 5:30pm-6:30pm	Youth Boxing 5:00pm-6:00pm	Justice Karate Beginner/Intermediate (5-12yo) 5:30pm-6:30pm	Kumite (All Ages) 5:00pm-6:00pm	
Boxing Fundamentals 6:00pm-7:00pm	Muay Thai/Kickboxing Fundamentals 6:00pm-7:00pm	Boxing Fundamentals 6:00pm-7:00pm	Muay Thai/Kickboxing Fundamentals 6:00pm-7:00pm	Judelya Judo & Sambo 6:00pm-7:00pm	
Boxing Intermediate 7:00pm-8:00pm	Justice Karate Advanced (5-12yo) 6:30pm-7:30pm	Boxing Intermediate 7:00pm-8:00pm	Justice Karate Advanced (5-12yo) 6:30pm-7:30pm	Boxing All Levels 6:00pm-7:00pm	
	Muay Thai/Kickboxing Intermediate 7:00pm-8:00pm		Muay Thai/Kickboxing Intermediate 7:00pm-8:00pm	Muay Thai/Kickboxing Pad Class 7:00pm-8:00pm	
	Justice Karate Adults (13+yo) 7:30pm-8:30pm		Justice Karate Adults (13+yo) 7:30pm-8:30pm		

**Fight Team Training: Invitation Only**

Sunday: 10:30am-12:00pm

**Contact Info**

804-269-5903  
info@cscrva.com

**Location: Fountain Square Shopping Center**

8032-C W. Broad Street, Richmond, VA 23294

New students must start in fundamental classes and be tested by the instructor to attend intermediate classes. This generally takes ~2 months.