GUNNERS MARTIAL ARTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Isshin Ryu **AR** Adults: 1445-1545 Children: 1600-1700 *Sensei Uechi San*		**Isshin Ryu** **AR** Adults: 1445-1545 Children: 1600-1700 *Sensei Uechi San*		**Isshin Ryu** **AR** Adults: 1445-1545 Children: 1600-1700 *Sensei Uechi San*		
Brazilian Jiu-Jitsu **MM** Adv. Adults: 1700-1830 *Ivan Sakamoto*		**Brazilian Jiu-Jitsu** **MM** Children: 1600-1700 Beg. Adults: 1700-1830 *Ivan Sakamoto*		**Brazilian Jiu-Jitsu** **MM** Children: 1600-1700 Beg. Adults: 1700-1830 Adv. Adults: 1830-2000 *Ivan Sakamoto*	**General Policies**: • No classes on federal holidays • All classes will be cancelled at Tropical Cyclone Condition of Readiness 1 (TCCOR 1) • Classes will resume at TCCOR "All Clear" stage **Location Legend:** • AR- Aerobics Room • MA- Martial Arts Room • MM- MCMAP Room • MPR- Multipurpose Room • SPIN- Spin Room	
Aiki Ju-Jutsu **MM** 1830-2100 *Masayoshi Umeda*	**Setkudo** **Mixed Martial Arts** **MPR** Children: 1900-2000 Adults: 2000-2100 *Nobuhiro Hirahara*	**Aiki Ju-Jutsu** **MM** 1830-2100 *Masayoshi Umeda*	**Setkudo** **Mixed Martial Arts** **MPR** Children: 1900-2000 Adults: 2000-2100 *Nobuhiro Hirahara*			

CAMP FOSTER

GUNNERS
START EARLY • TRAIN HARD • FINISH STRONG

Updated 03/24/2023