

# NORTH STONINGTON: CURRENT SCHEDULE

Youth / Closed / Adult

## MONDAY

9:30 - 1:30 PM Military / Professional Training

3:30 - Open

3:45 - 4:45 PM Youth Martial Arts

5:00 - 6:00 PM Closed

6:00 - 8:00 PM Classical Japanese Arts

## TUESDAY

8:30 - 9:30 AM Pilates with Anne Nelson

9:30 - 1:30 PM Military / Professional Training

1:30 - Closed

## WEDNESDAY

9:00 - 10:30 AM Yoga with Ann Nelson

3:30 - Open

3:45 - 4:45 PM Youth Martial Arts

5:00 PM Closed

## THURSDAY

9:00 - 10:10 AM Yoga with Ann Nelson

6:00 - Open

6:00 - 8:00 PM Classical Japanese Arts

8:15 PM Closed

## FRIDAY

3:30 PM Open

3:45 - 4:45 PM Youth Martial Arts

5:00 PM Closed

## SATURDAY

8:00 - 10:00 AM Classical Japanese Arts

10:15 - 11:15 AM Youth Martial Arts

11:15 - 1:00 PM Professional Training

1:00 PM - Closed or Seminar Training

## SUNDAY

Closed or Seminar Training