


West Coast Martial Arts

5007 Windplay #2
 El Dorado Hills, CA
 916-933-1973



Start Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00 AM	<p><i>Our Purpose: To develop oneself; physically, mentally, spiritually, and have good character</i></p> <p><i>Our Goal: CANI Commitment to Constant and Never Ending Improvement, with Black Belt Excellence!</i></p> <p>Weapon: Kamas</p> <div style="text-align: center;">  <p>Join us on Instagram Keep Updated</p> </div>					Lil Ninja 10-10:30
10:15 AM						
10:30 AM						
10:45 AM						
11:00 AM						
11:15 AM						
11:30 AM						
11:45 AM						
12:00 PM						
12:15 PM						
2:45 PM						
3:00 PM						
3:15 PM	Monday	Tuesday	Wednesday	Thursday	Friday	
3:30 PM	Lil Ninja		Lil Ninja		Lil Ninja	
3:45 PM	White-Green		White-Green		Sparring	
4:00 PM					Jr/ Teen/ Adult Sparring	
4:15 PM		Jr Purple-Brown Belts		Jr Purple-Brown Belts		
4:30 PM	Jr White-Green Belts		Jr White-Green Belts			
4:45 PM		Jr Red-Black Belts		Jr Red-Black Belts		
5:00 PM	Lil Ninja (Purple-Black)		Lil Ninja (Purple-Black)		Blue - Red	
5:15 PM						
5:30 PM	Brown - Black Belts	All Adults and Teens	Brown - Black Belts	All Adults and Teens	BELT TESTING	
5:45 PM					Last Friday Of The Month No Sparring	
6:00 PM						
6:15 PM	Jr. Purple-Blue/Teens & Adults	Lil Ninja White-Green	Jr. Purple-Blue/Teens & Adults	Lil Ninja White-Green		
6:30 PM		Lil Ninja Class (Purple-Black)		Lil Ninja Class (Purple-Black)		
6:45 PM						
7:00 PM						
7:15 PM		Jr White-Green Belts		Jr White-Green Belts		
7:30 PM						
7:45 PM						
8:00 PM						