Dan Henderson's Athletic Fitness Center

Kid's Class Schedule

Hours: *Monday- Friday 8 AM- 8:30PM, Saturday 8 AM- 2PM, Closed Sunday*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 AM					**Kids MMA (TW)**
10:30 AM	***PRO PRACTICE RESERVED***				***Instructors:*** *JS - Joe Stevenson* *AP - Anthony Paredes* *TW - Trevor Wells*
3:45 PM	**Kids BJJ (JS)** 4-6 and Beginners	**Team Quest Wrestling (AP)** *Beginn.4-7yr (1hr)* *Advanced (1hr 45min)*	**Kids BJJ (JS)** 4-6 and Beginners	**Team Quest Wrestling (AP)** *Beginn.4-7yr (1hr)* *Advanced (1hr 45min)*	
4:15 PM	**Kids BJJ (JS)** Experienced		**Kids BJJ (JS)** Experienced		
4:00 PM		**Kids Quest MMA (TW)**		**Kids Quest MMA (TW)**	
5:00 PM	**Kids Cobra Kai BJJ (JS)** Advanced		**Kids Cobra Kai BJJ (JS)** Advanced		

Address:
27901 Jefferson Ave
Temecula, CA 92590
P: (951) 506-7776

Kids Club Hours:

Mon,Wed,Fri : 8:30 AM - 12:30 PM / 3:30 PM - 8 PM / Fri 4 - 7PM

Tues, Thur : 9:00 AM - 12:30 PM / 4 PM - 7:30 PM

Wrestling: *Kids; 4-7yr olds 1hr.*
Kids; w/1+ experience 1hr 45min.
Teens; 1hr 45min