

# COMBAT FITNESS

## RAPACON'S MARTIAL ARTS

4380 Sonoma Blvd. Ste. 200 Vallejo, Ca 94589

### Monday & Wednesday 4:15 pm-7:45 pm

CLASS/INSTRUCTOR	TIME	LOCATION
<b>Mini Maniac Kick Boxing</b> <i>Sifu Tony &amp; Sifu David</i>	<b>4:30PM</b>	<b>Main Mat</b>
<b>Boxing-Coach Roque</b>	<b>5:00PM</b>	<b>Cage</b>
<b>Youth &amp; Teen Kajukenbo</b> <i>Black Belt Instructors</i>	<b>5:30PM</b>	<b>Main Mat</b>
<b>Jiu-Jitsu/Wrestling- Coach Roque &amp; Team</b>	<b>6:00PM</b>	<b>Cage</b>
<b>Adult Kajukenbo-Black Belt Instructors</b>	<b>6:30PM</b>	<b>Main Mat</b>

### Tuesday & Thursday 5:15 pm-7:45 pm

CLASS/INSTRUCTOR	TIME	LOCATION
<b>American Muay Thai Kickboxing</b> <i>Coach Roque</i>	<b>5:30PM</b>	<b>Main Mat &amp; Cage</b>
<b>ComFit Strength &amp; Conditioning Coach</b> <i>Roque &amp; Grandmaster</i>	<b>6:30PM</b>	<b>Main Mat &amp; Cage</b>

### Saturday 9:45 am-11:15 am

CLASS/INSTRUCTOR	TIME	LOCATION
<b>Pee Wee Kajukenbo</b> <i>Sibak David</i>	<b>10:00AM</b>	<b>Main Mat</b>