

PEAK PERFORMANCE 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3:00 PM

Mighty Monkees

Beginners

Mighty Monkees

Beginners

Mighty Monkees

3:30 PM

Beginners and Intermediates

Intermediates and ADVANCED

Beginners and Intermediates

Intermediates and ADVANCED

Beginners and Intermediates

4:15 PM

ALL LEVELS

ALL LEVELS

ALL LEVELS

ALL LEVELS

ALL LEVELS

5:00 PM

BBC

BBC

BBC

BBC

BBC

ADVANCED

ADVANCED

ADVANCED

ADVANCED

ADVANCED

5:45 PM

BBC

BBC

BBC

BBC

BBC

ALL LEVELS

ALL LEVELS

ALL LEVELS

ALL LEVELS

ALL LEVELS

6:30 PM

MIGHTY MONKEE

MIGHTY MONKEE

MIGHTY MONKEE

MIGHTY MONKEE

MIGHTY MONKEE

BBC SPARRING

BBC POOMSAB

BBC SPARRING

BBC POOMSAB

BBC

7:15 PM

COMPETITION and PEAK TRAINING

COMPETITION and PEAK TRAINING

COMPETITION and PEAK TRAINING

FIGHT NIGHT

SATURDAY AND SUNDAY

9:00 AM

FAMILY CLASS

9:45 AM

Beginners and Intermediates

10:30 AM

Intermediates and ADVANCED

11:15 AM

BBC BLACK BELT PREP

**1031-C East Hillsdale Blvd.
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www.peakperformanceca.org**



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