



**HARITOS MARTIAL ARTS, 1885 S. Pinellas Ave, Tarpon Springs FL 34689, 1(727) 942-3800**

The 300 System is a combination of karate, Tai Kwon Do, jiu Jitsu, Muay Thai, boxing, kickboxing, and pankration.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 am	Open Gym	Adult	Open Gym	Adult	Open Gym	
10 am	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	
11 am	Open Gym	Adult	Open Gym	Adult	Open Gym	All Ages
2 pm – 4 pm	Private Lessons *					
5 pm	Youth Class	Little Tigers Sparring	Tumbling	Little Tigers	All Ages (5:45-6:30)	
6 pm	Tumbling	Youth Sparring	Tumbling	Youth Class	~ Little Tigers (3- 8 years) ~ Youth (7 -16 years) ~ Adult Class (14- 100+ years)	
7 pm	Adult	Adult	Open Gym	Adult		

Instructors Sergio Haritos, Joy Popov, Connie Russo, Jean Roberts,

\*Private Lessons are available by appointment only. If interested please call (727) 942-3800 or speak to staff before or after regularly scheduled class times.