



Griffin's Judo and Karate Studios – Ware

Ware, MA

Sigung Ronna Shea

55 East St.

Ware, MA

(413) 967-6619

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Classes 					
					9:00 – 10:00 AM Kickboxing Aerobics
					10:00 – 11:00 AM (U7)
					11:00 – 12:00 PM (8+)
	5:00 – 6:00 PM Beginners (U7)	5:00 – 6:00 PM Beginners (8+)	5:00 – 6:00 PM Private Lessons		
	6:00 – 7:00 PM Tai-Chi	6:00 – 7:00 PM Intermediate (8+)	6:00 – 7:00 PM Advanced (8+)		
	7:00 – 8:00 PM Kickboxing Aerobics		7:00 – 8:00 PM Kickboxing Aerobics	7:00 – 8:30 PM Fight Night Springfield – 1 st Friday of the Month	