



ADULT CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30 AM ADVANCED TAI CHI		5:30 AM ADVANCED TAI CHI		
	6:00 AM TAI CHI		6:00 AM TAI CHI		8:00 AM TAI CHI
9:00 AM TAI CHI		9:00 AM TAI CHI		9:00 AM TAI CHI	9:00 AM ADVANCED FITNESS KICKBOXING
10:00 AM WHITE BELT BEG/INT/ADV		10:00 AM WHITE BELT BEG/INT/ADV		10:00 AM WHITE BELT BEG/INT/ADV	10:00 AM S.T.O.R.M.
		11:00 AM FITNESS KICKBOXING		11:00 AM : =HB 9GG ? =7? 6CL =B;	11:15 WHITE BELT BEG/INT/ADV
12:00 PM TAI CHI		12:00 PM TAI CHI		12:00 PM TAI CHI	
4:15 PM WHITE BELT		4:15 PM WHITE BELT		4:15 PM WHITE BELT	
5:00 PM BEG/INT	5:15 PM BEG/INT/ADV	5:00 PM BEG/INT/ADV	5:15 PM BEG/INT/ADV	5:00 PM BEG/INT	
7:15 PM FITNESS KICKBOXING	6:00 PM F=HB 9GG ? =7? 6CL =B; 6:15 PM WHITE BELT	6:00 PM G'H'C 'F'A	6:15 PM WHITE BELT	6:00 PM FITNESS KICKBOXING	
7:15 PM WHITE BELT BEG/INT/ADV	7:00 PM BEG/INT/ADV	7:15 PM ADVANCED FITNESS KICKBOXING	7:00 PM BEG/INT/ADV	7:15 PM WHITE BELT BEG/INT/ADV	
8:15 PM TAI CHI	8:00 PM MMA ADVANCED	8:15 PM TAI CHI	8:00 PM MMA ADVANCED		

581 @H'7@5GG9G'!'%&/'I D'' BEG/INT = GOLD-BLUE BELTS, ADVANCED = GREEN-BLACK BELTS. ALL CLASSES ARE 1 HOUR, EXCEPT WHITE BELT CLASSES, WHICH ARE 45 MIN. CANCELLING SCHEDULED CLASSES WHEN UNABLE TO ATTEND SHOWS COURTESY. EXTRA & MAKE-UP CLASSES ARE BY APPOINTMENT ONLY.



CHILDREN'S CLASS SCHEDULE



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 AM 58J 5B 798
					10:00 AM <u>3 & 4 YEAR OLDS</u> S.T.O.R.M
11:\$0 AM * 5B 81 B 89F		11:\$0 AM * 5B 81 B 89F		11:\$0 AM * 5B 81 B 89F	10:30 AM 5 & 6 YEAR OLDS
					11:15 AM <u>WHITE BELT</u> BEG/INT/ADV
4:15 PM WHITE BELT	4:30 PM 6 AND UNDER	4:15 PM WHITE BELT	4:30 PM 6 AND UNDER	4:15 PM WHITE BELT	
5:00 PM BEG/INT	5:15 PM BEG/INT/ADV	5:00 PM BEG/INT/ADV	5:15 PM BEG/INT/ADV	5:00 PM BEG/INT	
6:00 PM 3 & 4 YEAR OLDS	6:15 PM WHITE BELT	6:00 PM <u>3 & 4 YEAR OLDS</u> S.T.O.R.M	6:15 PM WHITE BELT	6:00 PM 3 & 4 YEAR OLDS	
6:30 PM 5 & 6 YEAR OLDS	7:00 PM BEG/INT/ADV	6:30 PM 5 & 6 YEAR OLDS	7:00 PM BEG/INT/ADV	6:30 PM 5 & 6 YEAR OLDS	
7:15 PM <u>WHITE BELT</u> BEG/INT/ADV	8:00 PM ADVANCED	7:15 PM ADVANCED	8:00 PM ADVANCED	7:15 PM <u>WHITE BELT</u> BEG/INT/ADV	

7<=@B9B`G7<98| @9!`%&/`1 B89F"`` AGES 3-6 PRE-SKILLS CURRICULUM. AGES 3-4-CLASSES 30 MINS. AGES 5-6-CLASSES 45 MINS. WHITE BELT=AGES 7 & UP, WHITE BELT CLASSES ARE 45 MINS, ALL OTHER JUNIOR CLASSES 1 HOUR. BEG/INT = GOLD-BLUE BELTS, ADVANCED = GREEN-BLACK BELTS. CANCELLING SCHEDULED CLASSES WHEN UNABLE TO ATTEND SHOWS COURTESY. EXTRA & MAKE-UP CLASSES ARE BY APPOINTMENT ONLY.