

KIDS MARTIAL ARTS SCHEDULE



CELEBRATE YOUR BIRTHDAY WITH US!!
 (See the front desk for details)



**TAKE YOUR TRAINING TO THE NEXT LEVEL...
 BOOK YOUR PRIVATE LESSON TODAY!**

Special Note
 ★ = New Class
 * = Kid's Fitness Class (one class per week)

MONDAY TUESDAY WEDNESDAY

4:15-5:15 CURRICULUM	4:15-5:15 BEGINNER CURRICULUM	4:15-5:15 SUPER KICKS
5:15-6:15 CURRICULUM	5:15-6:15 INTERMEDIATE CURRICULUM	5:15-6:15 GRAPPLING (tee shirts)
	6:15-7:15 ADVANCED CURRICULUM	

THURSDAY FRIDAY SATURDAY

4:15-5:00 LITTLE NINJAS (Ages 3-4)	4:15-5:00 * LEAN FIT KIDS* (tee shirts)	9:00-9:45 LITTLE NINJAS (Ages 3-4)
5:00-6:00 *LEAN FIT KIDS* (tee shirts)	4:00-6:00 BLACK BELTS	10:00-11:00 white-green spar blue & up curr.
5:00-6:00 HD CLUB	5:00-6:00 EZ DEFENSE	11:00-12:00 white-green curr. blue & up spar
6:00-7:00 DEMO TEAM		

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