

Mon**Tue****Wed****Thu****Fri****Sat**

9:00							
10:00						Aerobic Kickboxing 9:00-10:00	
11:00	Open Floor Time. Private Lessons and individual or group classes available.						
12:00							
1:00							
2:00							
3:00							
4:00	Beginner Kids Curriculum 4:00-4:45		Beginner Kids Poomse 4:00-4:45		Beginner Kids Self-Defense 4:00-4:45		
4:15							
4:30							
4:45	New Student Orientation		Open Floor 4:45-5:15		FUN FRIDAY! 4:45-5:15		
5:00							
5:15	Int./Adv. Kids Sparring 5:15-6:00		Int./Adv. Kids Poomse 5:15-6:00		Int./Adv. Kids Curriculum Self-Defense 5:15-6:00		
5:30		Junior Black Belt Prep 5:30-6:15					
5:45						New Student Orientation	
6:00	Adults Curriculum 6:00-6:45		Adults Cardio & Conditioning 6:00-6:45		Adults Poomse All Belts 6:00-6:45		
6:15		All Ages/All Belts 6:15-7:00				All Ages/All Belts Open Floor 6:15-7:00	
6:30							
6:45	Adults Sparring All Belts 6:45-7:30			Adults Weapons and Self-Defense 6:45-7:30			
7:00		Aerobic Kickboxing 7:00-8:00			Aerobic Kickboxing 7:00-8:00		
7:15							
7:30	Adv. Adults Drills 7:30-8:15			Adv. Adults Black Belt Prep 7:30-8:15			
7:45							
8:00		Women's Self-Defense 8:00-8:30		Women's Self-Defense 8:00-8:30			
8:15							
8:30							

2/13/2012