

**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