



Schedule of Classes

2018-2019

Ages
 Tot: 4 - 6
 Child: 7 - 9
 Pre-Teen: 10-13
 Teen/Adult: 14+

Shaolin Kempo Karate 🌀 Tai Chi 🌀 Kickbox Bootcamp 🌀 Reiki 🌀 Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:20 - 9:20 Kickbox Bootcamp -Carl
	4:00 – 4:30 Tot 4 - 6 Year Old Beginner		4:00 – 4:30 Tot 4 – 6 Year Old Beginner	4:00 – 4:45 Child 7-9 Year Old All Levels		9:30 –10:00 Tots 4 – 6 Year Old All Levels
	4:35 - 5:05 Tot 4 – 6 Year Old Int/Adv	5:10 - 5:55 Child 7-9 Year Old White to Blue	4:35 – 5:05 Tot 4 – 6 Year Old Int/Adv	4:45 - 5:30 Pre Teen/Teen 10-13 Year Old All Levels		10:10 – 10:55 Child 7 – 9 Year Old All Levels
	5:10 – 5:55 Child 7-9 Year Old All Levels	6:00 - 6:45 Pre Teen/Teen 10-13 Year Old All Levels	5:10 - 5:55 Child 7-9 Year Old All Levels	5:30 - 6:00 Tot 4-6 Year Old Beginner		11:00 – 11:45 Pre Teen/ Teen Adult All Levels
		6:45 – 7:45 Tai Chi for Health & Energy	6:00 – 6:30 *Coming this Fall Ninja Warrior Training*	6:00-6:30 Tot 4 - 6 Year Old Int/Adv		
	7:00 – 8:00 Teen / Adult All Levels		7:00 – 8:00 Teen/ Adult All Levels	6:45-7:45 Kickbox Bootcamp -Carl		