



July 1, 2010

# Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>10am – 11am</b> ZUMBA	<b>10:15am – 11:15am</b> KICK BOXING		<b>10:15am – 11:15am</b> KICK BOXING	<b>9:15am – 10:15am</b> ZUMBA	
4:00 – 4:30 <i>Private Lessons</i>	4:00 - 4:30 Private Lesson	4:00 – 4:30 <b>Little Dragons</b>	4:00 – 4:30 <i>Private Lesson</i>	4:00 – 4:30 <b>Little Dragons</b>	
4:30 – 5:30 Beginner	4:30 – 5:30 Advanced	4:30 – 5:30 Beginner	4:30 – 5:30 Advanced	4:30 – 5:30 Advanced	9:15 – 9:45 <b>Little Dragons</b>
5:30 – 6:30 Intermediate	5:30 – 6:00 <b>Black Belt Club</b>	5:30 – 6:30 Intermediate	5:30 – 6:00 <b>Black Belt Club</b>	5:30 - 6:30 Intermediate	10:00 – 10:45 All Belts
6:30 – 7:00 <b>Black Belt Club</b>	6:00 – 7:00 Intermediate	6:30 – 7:00 <b>Black Belt Club</b>	<b>6:00 – 7:00</b> TownShip Class	6:30 – 7:30 Beginner	11:00 – 12:00 <b>Specialized Training</b> <i>Private Lesson</i>
7:00 – 8:00 Advanced	7:00 – 8:00 Beginner	7:00 – 8:00 Advanced	7:00 – 8:00 Beginner	Special <b>Grappling Clinic</b> <b>7:30 – 8:30</b>	<b>12:00 – 1:00</b> <b>ADULT / TEENS</b> <b>KICK BOXING</b>
ADULTS / TEENS TaeKwonDo 8:00-9:00 <b>Kickboxing</b> 8:00-9:30	ADULTS / TEENS TaeKwonDo 8:00-9:00 <b>Kickboxing</b> 8:00-9:30	ADULTS / TEENS TaeKwonDo 8:00-9:00 <b>Kickboxing</b> 8:00-9:30	ADULTS / TEENS TaeKwonDo 8:00-9:00 <b>Kickboxing</b> 8:00-9:30		

Beginner = White Belt to Senior Yellow Belts  
Intermediate = Green Belt to Blue Belt

Advanced = Sr. Blue, Brown, Red and Black  
TEENS = 13 –16, ADULTS = 17 and Above

**NOTE: PRIVATE LESSONS ARE TO BE SCHEDULED IN ADVANCE**