

Spring Schedule 2010 Family Kicks Martial Arts

Effective 3-1-2010

(503)671-9999 www.FamilyKicks.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sunrise Class	6:30am Yoga/TaiChi*	6:30am Yoga/TaiChi*	6:30am Yoga/TaiChi*	6:30am Yoga/TaiChi*	6:30am Yoga/TaiChi*
AM and Noon Time Classes	MomFIT* 10:30am-11:30am	TaiChi* 8:45am	MomFIT* 10:30am-11:30am	TaiChi* 8:45am	
		Home-School Class All Belt 11:00am-11:40pm		Home-School Class All Belt 11:00am-11:40pm	
		Teen/Adult All Belt 12:00pm-12:45pm		Teen/Adult All Belt 12:00pm-12:45pm	
Early Evening Schedule	3:15 - 3:45 Beginner Classes	3:15 - 3:45 Tiny Tigers	3:15 - 3:45 Beginner Classes		3:15 - 3:45 Tiny Tigers
	4:15 - 5:00 Yellow & Green Belts	3:45 - 4:30 Brown Belts	4:15 - 5:00 Yellow & Green Belts	3:45 - 4:30 Brown Belts	Make up Class 4:00-4:30
		4:30 - 4:45 -Mastery 4:45 - 5:30 Black		4:30 - 4:45 -Mastery 4:45 - 5:30 Black	Black Belt Club 4:30-5:00
	5:30-6:00pm Tiny Tigers	5:30 - 6:15 Blue/Red	5:30-6:00pm Tiny Tigers	5:30 - 6:15 Blue/Red	All Rank (Drop In) Sparring Class 5:30 - 6:30pm
Late Evening Schedule	6:00pm-6:45pm Black Belts 6:45-7:00 Mastery	6:15 - 6:45 Beginner Classes	6:00pm-6:45pm Black Belts 6:45-7:00 Mastery	6:15 - 6:45 Beginner Classes	Acrobatics* 6:30 - 7:30
	7:00 - 7:45 Brown Belts	7:00 - 7:45 Yellow & Green Belts	7:00 - 7:45 Brown Belts	7:00 - 7:45 Yellow & Green Belts	Pakua Martial Arts* 6:30 - 7:30
					7:45pm-8:30pm Blue/Red
		8:15 - 9:15 Tai-Chi*		8:15 - 9:15 Sword Class*	
It is recommended that Green Belts and above attend at least 2 sparring classes per month.					
*These classes are an additional charge. Please see the front desk for more details.					