

Class Schedule 2011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 SWEAT Boot Camp		9:00-9:45 SWEAT Boot Camp		9:00-9:45 SWEAT Boot Camp	10:00-11:00 Chen Tai Chi
10:00-10:45 Homeschoolers		10:00-10:45 Homeschoolers			11:00-12:00 Adult Open Kung Fu
11:30-12:15 Kickboxing		11:30-12:15 Kickboxing		11:30-12:15 Kickboxing	
12:30-1:30 Adult Open Kung Fu		12:30-1:30 Adult Open Kung Fu		12:30-1:30 Adult Open Kung Fu	
4:30-5:00 Little Dragons		4:30-5:00 Little Dragons			
5:00-5:45 Jr. Beginner Kung Fu	5:00-5:45 Chen Tai Chi	5:00-5:45 Jr. Beginner Kung Fu	5:00-5:45 Chen Tai Chi	5:00-6:00 Junior Open Class Or FUN Friday	
5:45-6:30 Jr Int/Adv Kung Fu	5:45-6:30 Adult Kung Fu All Levels	5:45-6:30 Jr Int/Adv Kung Fu	5:45-6:30 Adult Kung Fu All Levels	6:00-7:30 Instructor Training (Private)	
6:30-7:15 Adult Beg Kung Fu	6:30-7:15 Kettlebell	6:30-7:15 Adult Beg Kung Fu	6:30-7:15 Kettlebell		
7:15-8:00 Kickboxing	7:15-8:00 Kickboxing	7:15-8:00 Adv. Kung Fu/ Sparring	7:15-8:00 Kickboxing		

