



Kim's Martial Arts School Fall Class Schedule

1180 Jaycox Rd. Avon, Ohio 440-930-2202

www.kimsmartialartsavon.com

Class Schedule Effective August 31st , 2009

Monday A	Tuesday A	Wednesday B	Thursday B	Friday A	Saturday A/B
Cardio-Fit Kickboxing 9:30-10:15 Class room 1		Cardio-Fit Kickboxing 9:30-10:15 Class room 1		Cardio-Fit Kickboxing/Toning 9:30-10:15 Class room 1	Cardio-Fit Kickboxing / Toning 9:00-9:50 Class room 1
Lil Ninja/ Dragons 10:30-11:00 Class room 2		Lil Ninja/Dragons 10:30-11:00 Class room 2		Lil Ninja/Dragons 10:30-11:00 Class room 1	Competition team 9:00 AM Class room 2
Adults 11:15-12:00 Class room 1		Adults 11:15-12:00 Class room 1 Soft Sparring Gear		Adults 11:15-12:00 Class room 1	Little Dragons 10:30-11:00 Class room 1
				Lil Dragons 5:00-5:30 Class room 1	Family/Junior Class 11:00-11:50 Class room 1
Lil Ninjas 4:45-5:15 Class room 2	Lil Ninjas 4:30-5:00 Class room 2	Lil Ninjas 4:45-5:15 Class room 2	Lil Ninjas 4:30-5:00 Class room 2	Family/Junior Class 5:45-6:30 Class room 1	Weapons Class 12:00 - 1:00 PM
Lil Dragons 4:45-5:15 Class room 1	Lil Dragons 4:30-5:00 Class room 1	Lil Dragons 4:45-5:15 Class room 1	Lil Dragons 4:30-5:00 Class room 1	Weapons Class 6:30-7:15 Class room 1	
Juniors 5:15-6:00 Class Room 1	Juniors 5:00-5:45 Class Room 1	Juniors 5:15-6:00 Class Room 1	Juniors 5:00-5:45 Class Room 1	<ul style="list-style-type: none"> • A days mean Forms skills • B days mean sparring skills • Saturday's are forms/sparring • Family class may be attended by any student age 7yrs and up • Lil ninjas 4/Lil Dragons 5-7/Jrs. 8-12/ Adults 13+ • Soft Sparring Leg/Arm/Headgear • <u>Please visit our website for:</u> • All Curriculum for download and video viewing of all Forms • School information and updates • All Test Application Forms 	
Little Dragons 6:00-6:30 Class room 2	Black Belts & Cho Dan Bo 5:45-6:30	Lil Dragons 5:45-6:15 Class room 2			
INTRO CLASS 6:00-6:30 Class room 1	Little Dragons 6:00-6:30 Class room 2	Black Belt & Cho Dan Bo 6:00-6:45 Class room 1	Little Dragons 6:00-6:30 Class room 1		
Black Belts & Cho Dan Bo 6:35-7:25 Class room 1	Family/Junior/ Adult Class 6:35-7:20 Class room 1	Competition team 6:15-7:30 Class room 2	Family/Junior/ Adult Class 6:35-7:20 Class room 1		
Family/Junior/ Adult Class 7:30-8:15 Class room 1	Cardio-Fit Kickboxing 7:25 - 8:10 Class room 1	Family/Junior/ Adult Class 6:45-7:35 Soft Spar Gear	Cardio-Fit Kickboxing 7:25 - 8:10 Class room 1		

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Videos of all Forms, Download Printable Form Diagrams, Information