



# Kim's Martial Arts School Summer Class Schedule

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

Class Schedule Effective June 8th , 2009

Monday A	Tuesday A	Wednesday B	Thursday B	Friday A	Saturday B
<b>Cardio-Fit Kickboxing</b> 9:30-10:15 Class room 1	<b>Youth Fit Strength/Conditioning</b> 9:30 AM	<b>Cardio-Fit Kickboxing</b> 9:30-10:15 Class room 1		<b>Cardio-Fit Kickboxing/Toning</b> 9:30-10:15 Class room 1	<b>Cardio-Fit Kickboxing / Toning</b> 9:00-9:50 Class room 1
<b>Lil Ninja/Dragons</b> 10:30-11:00 Class room 1		<b>Lil Ninja/Dragons</b> 10:30-11:00 Class room 1		<b>Youth Fit S/C</b> 9:30 AM	<b>Little Dragons</b> 10:30-11:00 Class room 1
				<b>Lil Ninja/Dragon</b> 10:30-11:00	
<b>Juniors/Family Adults</b> <b>11:15-12:00</b> Class room 1/2		<b>Juniors/Family Adults</b> <b>11:15-12:00</b> Class room 1/2  Soft Sparring Gear		<b>Juniors/Family Adults</b> <b>11:15-12:00</b> Class room 1/2	<b>Family/Junior Class</b> 11:00-11:50 Class room 1
				<b>Lil Dragons</b> 5:00-5:30 Class room 1	<b>Weapons Class</b> <b>12:00 - 1:00 PM</b>
<b>Lil Ninjas</b> 4:45-5:15 Class room 2	<b>Lil Ninjas</b> 4:30-5:00 Class room 2	<b>Lil Ninjas</b> 4:45-5:15 Class room 2	<b>Lil Ninjas</b> 4:30-5:00 Class room 2	<b>Family/Junior Class</b> 5:45-6:30 Class room 1	
<b>Lil Dragons</b> 4:45-5:15 Class room 1	<b>Lil Dragons</b> 4:30-5:00 Class room 1	<b>Lil Dragons</b> 4:45-5:15 Class room 1	<b>Lil Dragons</b> 4:30-5:00 Class room 1	<b>Weapons Class</b> 6:30-7:15 Class room 1	
<b>Juniors</b> 5:15-6:00 Class Room 1	<b>Juniors</b> 5:00-5:45 Class Room 1	<b>Juniors</b> 5:15-6:00 Class Room 1	<b>Juniors</b> 5:00-5:45 Class Room 1	<ul style="list-style-type: none"> <li>• A days mean Forms skills</li> <li>• B days mean sparring skills</li> <li>• Saturday's are forms/sparring</li> <li>• Family class may be attended by any student age 7yrs and up</li> <li>• Lil ninjas 4/Lil Dragons 5-7/Jrs. 8-12/ Adults 13+</li> <li>• Youth Fit Strength/Conditioning is a "sign up" extra class</li> <li>• Place belongings neatly in locker rooms at all times</li> <li>• Always show Taekwondo respect</li> <li>• Keep uniforms clean and neat</li> <li>• Always read front board and all signs for information.</li> </ul>	
<b>Little Dragons</b> 6:00-6:30 Class room 2	<b>Black Belts &amp; Cho Dan Bo</b> 5:45-6:30	<b>Lil Dragons</b> 5:45-6:15 Class room 2	<b>Little Dragons</b> 6:00-6:30 Class room 1		
<b>INTRO CLASS</b> 6:00-6:30 Class room 1	<b>Little Dragons</b> 6:00-6:30 Class room 2	<b>Black Belt &amp; Cho Dan Bo</b> 6:00-6:45 Class room 1	<b>Family/Junior Class</b> 6:35-7:20 Class room 1		
<b>Black Belts &amp; Cho Dan Bo</b> 6:35-7:25 Class room 1	<b>Family/Junior Class</b> 6:35-7:20 Class room 1	<b>Competition team</b> 6:15-7:30 Class room 2	<b>Cardio-Fit Kickboxing</b> 7:25 - 8:10 Class room 1		
<b>Family/Junior Class</b> 7:30-8:15 Class room 1	<b>Cardio-Fit Kickboxing</b> 7:25 - 8:10 Class room 1	<b>Family/Junior Class</b> 6:45-7:35 Soft Spar Gear			