



Kim's Martial Arts School Fall Class Schedule

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

www.kimsmartialartsavon.com

Class Schedule Effective Monday, August 30th, 2010 (revised 9/2/2010)

Monday A/C	Tuesday A	Wednesday B	Thursday B	Friday A/C	Saturday A/B
Cardio-Fit Kickboxing 9:30-10:15 Class room 1		Cardio-Fit Kickboxing 9:30-10:15 Class room 1		VAL'S Kickboxing/Toning 9:30-10:15 Class room 1	VAL'S KICKBOXING/ TONING 9:00-9:50 Class room 1
Lil Dragons 10:30-11:00 Class room 1		Lil Dragons 10:30-11:00 Class room 1		Lil Dragons 10:30-11:00 Class room 1	Black Belts & Cho DanBo Class 9:15AM
Adults 11:15-12:00		Adults 11:15-12:00		Adults 11:15-12:00	Little Dragons 10:30-11:00 Class room 1
<i>www.kimsmartialartsavon.com</i>					Family/Junior Class 11:15-12:00 Class room 1
Lil Dragons Beginner 4:45-5:15 Class room 2	Lil Dragons Beginner 4:30-5:00 Class room 2	Little Dragons Beginner 4:45-5:15 Class room 2	Little Dragons Beginner 4:30-5:00 Class room 2	Little Dragons 5:30-6:00 Class room 1	
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	Family/Junior/Adult Class 6:15-7:00	
Juniors 5:15-6:00 Class Room 1/2	Juniors 5:00-5:45 Class Room 1/2	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 • C days mean Self Defense skills • ELITE SPARRING OPEN TO ALL JUNIORS/ADULTS GREEN & UP • Family class may be attended by any student age 7yrs and up • Lil Dragons 4-7/Jrs. 7-12/ Adults 13+ <u>Please visit our website for:</u> • All Curriculum for download and video viewing of all Forms • School information and update • 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	Family/Jr./Adult ALL BELT FORMS 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	Elite Sparring Class 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	Cardio-Fit Kickboxing 7:25 - 8:10 Class room 1		
		Black Belt Test Prep Class starts Sept.8 7:35			

Videos of all Forms, Download Printable Form Diagrams, Information at www.kimsmartialartsavon.com