



# Kim's Martial Arts School Summer Class Schedule

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

[www.kimsmartialartsavon.com](http://www.kimsmartialartsavon.com)

Class Schedule Effective June 7th, 2010 ( revised 7/05/10)

Monday A/C	Tuesday A	Wednesday B	Thursday B	Friday A/C	Saturday A/B
<b>Cardio-Fit Kickboxing</b> 9:30-10:15 Class room 1		<b>Cardio-Fit Kickboxing</b> 9:30-10:15 Class room 1		<b>VAL'S Kickboxing/Toning</b> 9:30-10:15 Class room 1	<b>VAL'S KICKBOXING/ TONING</b> 9:00-9:50 Class room 1
<b>Lil Dragons</b> 10:30-11:00 Class room 1		<b>Lil Dragons</b> 10:30-11:00 Class room 1		<b>Lil Dragons</b> 10:30-11:00 Class room 1	<b>Black Belts &amp; Cho DanBo Class</b>  <b>9:15AM</b>
<b>Adults / Family/ Junior Class</b> 11:15-12:00 Both rooms		<b>Adults / Family/ Junior Class</b> 11:15-12:00 Both rooms		<b>Adults / Family/ Junior Class</b> 11:15-12:00 Both Rooms	<b>Little Dragons</b> 10:30-11:00 Class room 1
<i>www.kimsmartialartsavon.com</i>					<b>Family/Junior Class</b> 11:15-12:00 Class room 1
<b>Lil Dragons Beginner</b> 4:45-5:15 Class room 2	<b>Lil Dragons Beginner</b> 4:30-5:00 Class room 2	<b>Little Dragons Beginner</b> 4:45-5:15 Class room 2	<b>Little Dragons Beginner</b> 4:30-5:00 Class room 2		
<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>Juniors</b> 5:15-6:00 Class Room 1/2	<b>Juniors</b> 5:00-5:45 Class Room 1/2	<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>• <b>A days mean Forms skills</b></li> <li>• <b>B days mean sparring skills</b></li> <li>• <b>C days mean Self Defense skills</b></li> <li>• <b>ELITE SPARRING OPEN TO ALL JUNIORS/ADULTS GREEN &amp; UP</b></li> <li>• <b>Family class may be attended by any student age 7yrs and up</b></li> <li>• <b>Lil Dragons 4-7/Jrs. 7-12/ Adults 13+ Weapons Class returns in FALL</b></li> <li>• <b><u>Please visit our website for:</u></b></li> <li>• <b>All Curriculum for download and video viewing of all Forms</b></li> <li>• <b>School information and update</b></li> <li>• <b>All Test Application Forms</b></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>INTRO CLASS</b> 6:00-6:30 Class room 1	<b>Little Dragons</b> 6:00-6:30 Class room 2	<b>Family/Jr./Adult ALL BELT FORMS</b> 6:00-6:45 Class room 1	<b>Little Dragons</b> 6:00-6:30 Class room 1		
<b>Black Belts &amp; Cho Dan Bo</b> 6:35-7:25 Class room 1	<b>Family/Junior/ Adult Class</b> 6:35-7:20 Class room 1	<b>Elite Sparring Class</b> <b>6:15-7:30</b> Class room 2	<b>Family/Junior/ Adult Class</b> 6:35-7:20 Class room 1		
<b>Family/Junior/ Adult Class</b> 7:30-8:15 Class room 1	<b>Cardio-Fit Kickboxing</b> 7:25 - 8:10 Class room 1	<b>Family/Junior/ Adult Class</b> 6:45-7:35	<b>Cardio-Fit Kickboxing</b> 7:25 - 8:10 Class room 1		

Videos of all Forms, Download Printable Form Diagrams, Information at [www.kimsmartialartsavon.com](http://www.kimsmartialartsavon.com)