



Martial Arts & Cardio Remote Interactive Group Training: *Effective 4/19/20*

Monday	Class
8:45am	K1
3:00pm	Little Dragons
3:30pm	Youth: W, Y, O
4:15pm	Youth: G, P, Bl
5:00pm	Youth: Br, R, Blk
6:15pm	Teen/Adult

Tuesday	Class
9:30am	Flex & Stretch (Body Weight Circuit)
3:15pm	Youth: Br, R, Blk
4:00pm	Youth: G, P, Bl
4:45pm	Youth: W, Y, O
6:15pm	K1
7:00pm	Teen/Adult

Wednesday	Class
8:45am	K1
3:00pm	Little Dragons
3:30pm	Youth: W, Y, O
4:15pm	Youth: G, P, Bl
5:00pm	Youth: Br, R, Blk
6:15pm	Teen/Adult

Thursday	Class
3:15pm	Youth: Br, R, Blk
4:00pm	Youth: W, Y, O
4:45pm	Youth: G, P, Bl
5:30pm	K1
6:15pm	Teen/Adult

Friday	Class
3:15pm	Youth: W, Y, O
4:00pm	Youth: G, P, Bl
4:45pm	Youth: Br, R, Blk
6:15pm	Teen/Adult

Saturday	Class
9:00am	K1
10:15am	Little Dragons
10:45am	Youth: All
11:30am	Teen/Adult

Sunday	Class
10:15am	Youth: W, Y, O
11:00am	Youth: G & Up
11:45am	Teen/Adult

STUDIO 武 KICKS