

Summer 2017 Schedule of Classes

Effective 6/24/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	ZUMBA 4PM-4:45PM	ZUMBA Noon-12:30PM	ZUMBA 4PM-4:45PM		KINDER KARATE 9AM-9:45AM
Women's Empowerment 11AM-Noon		ZUMBA 5PM-5:45PM	Beginner & Intermediate 5PM-5:45PM	Beginner & Intermediate 5PM-5:45PM	Children Beginner 9:45-10:30AM
	Beginner & Intermediate 5:45-6:30PM	Intermediate & Advanced 5:45-6:30PM	Sparring Board Break'g 5:45-6:30PM	Sparring Board Break'g 5:45-6:30PM	Children Intermediate 10:30-11:15AM
Reiki Share 5:30-6:30	Intermediate & Advanced 6:30-7:15PM	Beginner Intermediate 6:30-7:15PM	Child'n Advanced & Teen-Adult 6:30-7:15PM	Child'n Advanced & Teen-Adult 6:30-7:15PM	Sparring & Board Break'g 11:15AM-Noon
Guided Meditation 7PM-8PM	Sparring Board Break'g 7:15-8PM	Sparring Board Break'g 7:15-8PM			Child'n Advanced & Teen-Adult Noon-12:45PM
	Child'n Advanced & Teen-Adult 8PM-8:45PM	Child'n Advanced & Teen-Adult 8PM-8:45PM			

TaeKwonDo Class	Tuesday	Wednesday	Thursday	Friday	Saturday
Children Beginner WhiteYlwGrnPurp	5:45-6:30PM	6:30-7:15PM	5PM-5:45PM	5PM-5:45PM	9:45-10:30AM
Children Intermediate Red, Brown ^{2,1}	5:45-6:30PM or 6:30-7:15PM	5:45-6:30PM or 6:30-7:15PM	5PM-5:45PM	5PM-5:45PM	10:30-11:15AM
Sparring & Board Break'g Red Brown Black	7:15-8PM	7:15-8PM	5:45-6:30PM	5:45-6:30PM	11:15AM-Noon
Child'n Advanced Brown+1, ++1 Black	6:30-7:15PM or 8PM-8:45PM	5:45-6:30PM or 8PM-8:45PM	6:30-7:15PM	6:30-7:15PM	Noon-12:45PM
Teen-Adult	8PM-8:45PM	8PM-8:45PM	6:30-7:15PM	6:30-7:15PM	Noon-12:45PM

KinderKarate

July 15, 22, 29, Aug 5, 12, 19, 26
Sep 9, 16, 23

Scheduled Closings

Summer Break Tue, June 27 thru Sat, July 8
Labor Day Wk'd Fri, Sep 2 thru Mon, Sep 4

Note: Special events and promotion tests pre-empt regularly scheduled classes.
Check website for special events and schedule updates.