



FALL SCHEDULE 2020

	MON	TUES	WED	THURS	FRI	SAT	SUN
10:00am 10:50am						CARDIO Kickboxing (Women Only)	YOGA
11:15am 12:05am						KENPO Little Ninja (Age 4-5) (11:30-12:00)	CARDIO Kickboxing (Women Only)
12:30pm 1:20pm						KENPO Orange-Blue Belt (Age 6-13)	KENPO White-Yellow Belt (Age 6-13) Group 1
1:45 pm 2:35 pm							KENPO White-Yellow Belt (Age 6-13) Group 2
6:00pm- 6:50pm	CARDIO Kickboxing (Women Only)	KENPO Orange-Blue Belt (Age 6-13)	CARDIO Kickboxing (Women Only)	KENPO White-Yellow Belt (Age 6-13) Group 1	KENPO White-Yellow Belt (Age 6-13) Group 1		
7:15pm- 8:05pm	KENPO White-Yellow Belt (Age 6-13) Group 2	KENPO All Belts (Age 14-Adult)	KENPO White-Yellow Belt (Age 6-13) Group 2	KENPO All Belts (Age 14-Adult)	KENPO Orange-Blue Belt (Age 6-13)		
7:15pm- 8:05pm	BOX/KICKBOX JUNIOR (Age 8-13)		BOX/KICKBOX JUNIOR (Age 8-13)				
8:30pm- 9:20pm	KICKBOXING TEEN/ADULT (Age 14-Adult)	BOXING TEEN/ADULT (Age 14-Adult)	KICKBOXING TEEN/ADULT (Age 14-Adult)	BOXING TEEN/ADULT (Age 14-Adult)			