

## 2010 Class Schedule

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<u>5:00-5:45</u> Beginner	<u>5:00-5:30</u> Lil Dragons	<u>5:00-5:45</u> Basic	<u>5:00-5:30</u> Lil Dragons	<u>5:00-5:45</u> Beginner/Basic All Ages	<u>8:15 – 9:00am</u> Total Fit Workout
<u>5:45-6:30</u> Intermediate	<u>5:30-6:15</u> Advanced	<u>5:45-6:30</u> BBC	<u>5:30-6:15</u> MC	<u>5:45-6:30</u> Black Belt Prep	<u>9:00-9:45am</u> Sparring
<u>6:30-7:15</u> Advanced	<u>6:15-7:00</u> Beginner	<u>6:30-7:15</u> MC	<u>6:15-7:00</u> Basic	<u>6:30-7:15</u> Aerial Kicking (MC Only)	<u>9:45-10:45</u> Team Sky
<u>7:15-8:00</u> Adult Only (All Belts)	<u>7:00-7:45</u> Intermediate	<u>7:15-8:00</u> Adults Only (All Programs)	<u>7:00-7:45</u> BBC		<u>11:00-12:00</u> Seminars/ Group Intro
<u>8:00-8:45</u> MMA Basic	<u>7:45-8:30</u> Black Belts	<u>8:00-8:45</u> MMA Basic	<u>7:45-8:30</u> Leadership Training		<u>12:00-12:45</u> Open Workout
<u>8:45-9:30</u> MMA Advanced	<u>8:30-9:15</u> Adults Only (All Belts)	<u>8:45-9:30</u> MMA Advanced	<u>8:30-9:15</u> Adults Only (All Programs)		<u>12:45-1:15</u> Bo Staff
					<u>1:15-1:45</u> Nunchuku
					<u>1:45-2:15</u> Kama

**Please Note:**

MC = Masters Club Training

BBC = Black Belt Club Training

Beginner = White/Orange/High Orange/Yellow/

Intermediate = High Yellow /Green/High Green/Blue

Advanced = High Blue/Purple/Brown/Red/Deputy Black/Black

\*You must be 13 yrs. or older to attend Adult Only Classes



*Martial Arts*

*"Your Body... Your Mind... Your Spirit."*

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