





# Winter Schedule 2011

**VALID DEC 14th - MAR 9th**

**NO CLASSES 12/12 OR 12/13, AFTER TEST BREAK!**

*Please check important dates on back!*  
**NEXT TEST DATES ARE:**  
 March 9th & 10th  
 June 8th & 9th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00am All Belts Children 11:00am Mini Ninjas	10:00am All Belts Adults		<b>MARK YOUR CALENDARS</b>
4:00 Private lessons by appt.	4:30 White-Blue Kids up to 8 White-Blue Kids ages 9+	4:00 Private lessons by appt.	4:00 Private lessons by appt		<b>WINTER BREAK DEC 23-JAN 1 NO CLASSES</b>
4:30 White-Blue Kids ages 9+	5:30 Green-Black Kids	4:30 Mini Ninjas	5:00 Mini Ninjas White-Blue Kids up to 8	5:00-6:00 YOGA For Kids*	<b>January 22 Intramural TOURNAMENT</b>
5:30 White-Blue Kids up to 8 Green-Black Kids	6:30-7:00 YOGA Flexibility Training* (Adults)	5:30 White-Blue Kids up to 8 White-Blue Kids ages 9+	6:00 White-Blue Kids ages 9+ Green-Black Kids	6:00 Tournament Prep Class Forms/Sparring/Weapons Adults & Kids	<b>February 26 Spirit of the Arts TOURNAMENT</b>
6:30 White-Blue Adults Green-Black Adults	7:00 White-Blue Adults Green-Black Adults	6:30 Green-Black Kids White-Blue Adults	7:00 Black Belt Candidates Black Belts	7:00 All Belts Adults Karate Kickboxing	
7:30 Kickboxing Open Mat Karate	8:00 Kickboxing Black Belts	7:30 Kickboxing Green-Black Adults	8:00 All Belts Adults Sparring		<b>No 7:00 classes on March 9 due to test</b>

- Students 13 years or older may attend adult classes upon approval.
- Classes may be supplemented by private lessons (additional fee) but need to be scheduled with the office in advance.

\*Yoga classes are offered free of cost to our students to improve flexibility and compliment their martial arts training. These classes do not count towards attendance for testing.

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For more information  
 visit our website @  
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