

BASIC COURSE STUDENT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Young Adult	6:00 PM	4:30 PM	5:00 PM	5:15 PM		10:00 AM
Adult		7:00 PM	12:00 PM	7:30 PM		11:00 AM

Basic Student Course Classes are 30 minutes long.

RANGER STUDENT SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rangers (Ages 4-7)	5:00 PM		6:15 PM	4:30 PM		9:15 AM

All Ranger Classes are 30 minutes long.

KICKBOXING SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Kickboxing (Adults)	7:15 PM	5:45 PM	7:00 PM	6:30 PM		8:00 AM

All Kick Boxing Classes are 1 hour long.

New Student Orientation Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Orientation classes	4:00 - 4:45 PM	3:15 – 4:15 PM	3:45 – 4:45 PM	3:15 – 4:15 PM	3:00 – 7:00 PM	12:00 – 1:00 PM

All orientations are 30 – 45 minutes long.

Schedule begins on Tuesday September 5th