

# BEGINNER CLASS TIMES



## KNUCKLEHEADS

(Ages 3-5)

*We focus on paying attention, following directions, and not wiggling.*

DAY	TIME
MON	4:45pm
TUES	11:15am 5:30pm
WED	4:00pm
THURS	11:15am 5:30pm
FRI	4:45pm
SAT	10:00am



## KIDS (Ages 6-11)

*This program is focused on goals that help students gain confidence, show respect, and learn discipline.*

DAY	TIME
MON	5:15pm
TUES	6:00pm
WED	4:30pm
THURS	6:00pm
FRI	5:15pm
SAT	10:00am



## TEENS (Ages 12-15)

*This program helps students gain self-confidence, but also a positive self-image. Ideally, they become role models.*

DAY	TIME
MON	7:30pm
TUES	11:45am 6:45pm
WED	6:45pm
THURS	11:45am 6:45pm
FRI	6:45pm
SAT	10:00am (30 min)



## ADULTS (Ages 16+)

*Exercise, stress relief, & an escape from the daily routine. You can only work so much until it's time to have some fun.*

DAY	TIME
MON	7:30pm
TUES	11:45am 7:30pm
WED	6:45pm
THURS	11:45am 7:30pm
FRI	6:45pm
SAT	10:00am (30 min)



*Try a FREE Class*  
**TODAY!**