

Shin's Family Martial Arts Center - Effective 8 / 10 / 16

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RM 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8:30am		Ages 10 + MARTIAL ARTS		Ages 10 + MARTIAL ARTS	
9:15am					Ages 5 + MARTIAL ARTS KICK & FLIP
3:45pm	Ages 4 - 8 KICK & FLIP	Ages 4 - 8 MARTIAL ARTS	Ages 4 - 8 KICK & FLIP	Ages 4 - 8 MARTIAL ARTS	
4:30pm	Ages 7 - 13 SAFEGUARD	Master's Club MMA	Ages 5 + MARTIAL ARTS	Master's Club MMA	
5:30pm	Ages 5 + MARTIAL ARTS	Ages 7 - 13 SAFEGUARD	Ages 5 + MARTIAL ARTS	Ages 7 - 13 SAFEGUARD	
6:15pm	Brown - Black Belts Only BLACK BELT PREP	Ages 5 + MARTIAL ARTS	Brown - Black Belts Only BLACK BELT PREP	Ages 5 + MARTIAL ARTS	
7:15pm	Ages 13 + KRAV MAGA	Ages 10 + MARTIAL ARTS	Ages 13 + KRAV MAGA	Ages 10 + MARTIAL ARTS	

GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00am					Ages 3 - 5 GYM KICKS
9:45am					Ages 3 - 5 GYM KICKS
10:15am					Ages 5 + KICK & FLIP
11:00am					Ages 8 + TRICKING *Approval by GMS
4:00pm		Ages 3 - 5 GYM KICKS		Ages 3 - 5 GYM KICKS	
4:30pm	Ages 5 + KICK & FLIP Ages 8+ TRICKING *Approval by GMS	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP Ages 8+ TRICKING *Approval by GMS	Ages 5 + KICK & FLIP	
5:30pm	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	
6:15pm	Ages 5 + KICK & FLIP Ages 8+ TRICKING *Approval by GMS	PRE-TEAM	Ages 5 + KICK & FLIP Ages 8+ TRICKING *Approval by GMS	PRE-TEAM	
7:15pm		PERFORMANCE TEAM		PERFORMANCE TEAM	

