

Tokey Hill MARTIAL ARTS

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WINTER/SPRING SCHEDULE 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 - 10:30 FITNESS KICK BOXING	9:30 - 10:30 FITNESS KICK BOXING	9:30 - 10:30 FITNESS KICK BOXING ANTHONY & KASS	9:30 - 10:30 FITNESS KICK BOXING	9:30 - 10:30 FITNESS KICK BOXING	9:30 - 10:30 FITNESS KICK BOXING
					10:30 - 11:00 LITTLE NINJA
		<i>Begins 03.01.10</i> 2:15 - 3:00 LITTLE NINJA Ages 3-5			11:00 - 12:00 KIDS KARATE White-Yellow
4:15 - 5:00 LITTLE NINJA Ages 3-6	4:15 - 5:00 KIDS KARATE White Ages 5-7	4:15 - 5:00 LITTLE NINJA Ages 3-6	4:15 - 5:00 KIDS KARATE White Ages 5-7		12:00 - 1:00 ADULTS/KIDS KARATE All Ranks
5:00 - 6:00 KIDS KARATE White-Yellow Ages 7-11	5:00 - 6:00 KIDS KARATE Yellow-Brown Ages 7-11	5:00 - 6:00 KARATE White-Yellow Ages 7-11	5:00 - 6:00 KIDS KARATE Yellow-Brown Ages 7-11	5:00-6:00 COMPETITION KARATE	1:00 - 2:00 MMA Adult/Teen
6:00 - 7:00 MMA KIDS/TEEN	6:00 - 7:00 KARATE Thru Black	6:00 - 7:00 KARATE Thru Black BBC TRAINING	6:00 - 7:00 KARATE Thru Black		
7:00-8:00 FITNESS KICK BOXING	7:00 - 8:00 ADULT/TEEN KARATE	7:00 - 8:00 MMA ADULT/TEEN	7:00 - 8:00 ADULT/TEEN KARATE		SUNDAY
	8:00 - 9:00 ADULT/TEEN BOXING				10:00 - 11:00 ADULT BOXING KEN & KASS

HOURS:

Monday-Friday 8:00AM- 12:00PM

3:00PM - 9:00 PM

Saturday: 8:00AM - 12:00PM

Sunday: 9:00AM - 12:00PM