

Shin's SUMMER Schedule of Classes - Effective 6 / 12 / 17
www.shinsblackbelt.com

Gym	Monday	Tuesday	Wednesday	Thursday
4:00 PM	Ages 3 + Ages 5 + INTRO K&F / KICK & FLIP	Ages 3 + Ages 5 + INTRO K&F / KICK & FLIP	Ages 3 + Ages 5 + INTRO K&F / KICK & FLIP	Ages 3 + Ages 5 + INTRO K&F / KICK & FLIP
4:45 PM	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP
5:30 PM	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP
6:15 PM	Ages 5 + Ages 8 + KICK & FLIP / *TRICKING	All Ages *DEMO TEAM	Ages 5 + Ages 8 + KICK & FLIP / *TRICKING	All Ages *DEMO TEAM

Gym	Saturday
9:00 AM	Ages 3 - 6 INTRO KICK & FLIP
9:45 AM	Ages 5 + MARTIAL ARTS
10:30 AM	Ages 5 + KICK & FLIP
11:15 AM	Ages 8 + *TRICKING

Upstairs 1	Monday	Tuesday	Wednesday	Thursday
8:30 AM		Ages 10 + MARTIAL ARTS		Ages 10 + MARTIAL ARTS
4:30 PM	Ages 4 - 8 Ages 7 - 13 **INTRO SG / **SAFEGUARD	Ages 5 + MARTIAL ARTS	Ages 4 - 8 Ages 7 - 13 **INTRO SG / **SAFEGUARD	Ages 5 + MARTIAL ARTS
5:15 PM		Ages 7 + **SAFEGUARD / **MMA		Ages 7 + **SAFEGUARD / **MMA
5:30 PM	Ages 5 + MARTIAL ARTS		Ages 5 + MARTIAL ARTS	
6:15 PM	Brown - Black Belts Only **BLACK BELT PREP	Ages 5 + MARTIAL ARTS	Brown - Black Belts Only **BLACK BELT PREP	Ages 5 + MARTIAL ARTS
7:15 PM	Ages 13 + **KRAV MAGA	Ages 10 + MARTIAL ARTS	Ages 13 + **KRAV MAGA	Ages 10 + MARTIAL ARTS

Upstairs 1	Saturday
9:15 AM	Ages 10 + MARTIAL ARTS
10:15 AM	Ages 4 - 8 **INTRO SAFEGUARD

* = Approval by GMS

** = Contact class, Equipment required

