Shin's Family Martial Arts Center - Revised 8 / 29 / 15

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ROOM 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
8:30 AM		Ages 10 + MARTIAL ARTS		Ages 10 + MARTIAL ARTS	
9:15 AM					Ages 5 + MARTIAL ARTS / KICK & FLIP
3:45 PM	Ages 4 - 8 KICK & FLIP	Ages 4 - 8 MARTIAL ARTS	Ages 4 - 8 KICK & FLIP	Ages 4 - 8 MARTIAL ARTS	
4:30 PM	Ages 7 - 13 SAFEGUARD	Master's Club MMA	Ages 5 + MARTIAL ARTS	Master's Club MMA]
5:30 PM	Ages 5 + MARTIAL ARTS	Ages 7 - 13 SAFEGUARD	Ages 5 + MARTIAL ARTS	Ages 7 - 13 SAFEGUARD]
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	1
7:15 PM	Ages 13 + KRAV MAGA	Ages 10 + MARTIAL ARTS	Ages 13+ KRAV MAGA	Ages 10 + MARTIAL ARTS	

GYM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
9:00 AM					Ages 3 - 5 GYM KICKS
10:00 AM					Ages 3 - 5 GYM KICKS
10:15 AM					Ages 5 + KICK & FLIP
11:00 AM					Ages 8 + TRICKING *Approval by GMS
4:00 PM		Ages 3 - 5 GYM KICKS		Ages 3-5 GYM KICKS	
4:30 PM	Ages 5 + KICK & FLIP	Ages 5 + KICK & FLIP	Master's Club Ages 8+ XMA TRICKING *Approval by GMS	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 *Approval by GMS	PRE-TEAM	Ages 5 + Ages 8+ KICK & FLIP TRICKING *Approval by GMS	PRE-TEAM	
7:15 PM		PERFORMANCE TEAM		PERFORMANCE TEAM	