

## Shin's Family Martial Arts Center - Effective 9 / 17 / 18

661.257.6767

661.702.0123

| Gym     | Monday                                      | Tuesday                                     | Wednesday                                   | Thursday                                    |
|---------|---|---|---|---|
| 4:00 PM | Ages 4 - 8<br><b>KICK &amp; FLIP</b>        | Ages 4 - 8<br><b>KICK &amp; FLIP</b>        | Ages 4 - 8<br><b>KICK &amp; FLIP</b>        | Ages 4 - 8<br><b>KICK &amp; FLIP</b>        |
| 4:45 PM | Ages 5 +<br><b>INTRO TRICKING&amp;FORMS</b> | Ages 5 +<br><b>INTRO TRICKING&amp;FORMS</b> | Ages 5 +<br><b>INTRO TRICKING&amp;FORMS</b> | Ages 5 +<br><b>INTRO TRICKING&amp;FORMS</b> |
| 5:30 PM | Ages 5 +<br><b>**MARTIAL ARTS</b>           | Ages 5 +<br><b>INTRO TRICKING&amp;FORMS</b> | Ages 5 +<br><b>**MARTIAL ARTS</b>           | Ages 5 +<br><b>INTRO TRICKING&amp;FORMS</b> |
| 6:15 PM | Ages 7 +<br><b>INTRO TRICKING&amp;FORMS</b> | *By Invitation Only<br><b>**DEMO TEAM</b>   | Ages 7 +<br><b>INTRO TRICKING&amp;FORMS</b> | *By Invitation Only<br><b>**DEMO TEAM</b>   |

| Gym      | Saturday                                    |
|----------|---|
| 9:00 AM  | Ages 4 - 8<br><b>KICK &amp; FLIP</b>        |
| 9:45 AM  | Ages 5 +<br><b>**MARTIAL ARTS</b>           |
| 10:30 AM | Ages 7 +<br><b>INTRO TRICKING&amp;FORMS</b> |

| Upstairs | Monday  | Tuesday                                   | Wednesday   | Thursday                                  |
|----------|---|---|---|---|
| 3:00 PM  | Ages 4 - 6<br><b>**INTRO SAFEGUARD</b>                | Ages 4 - 6<br><b>**INTRO MARTIAL ARTS</b> | Ages 4 - 6<br><b>**INTRO SAFEGUARD</b>                |   |
| 3:45 PM  | Ages 4 - 8<br><b>**INTRO SAFEGUARD</b>                | Ages 4 - 8<br><b>**INTRO MARTIAL ARTS</b> | Ages 4 - 8<br><b>**INTRO SAFEGUARD</b>                | Ages 4 - 8<br><b>**INTRO MARTIAL ARTS</b> |
| 4:30 PM  | Ages 7 - 13<br><b>**SAFEGUARD</b>                     | Ages 5 +<br><b>**MARTIAL ARTS</b>         | Ages 7 - 13<br><b>**SAFEGUARD</b>                     | Ages 5 +<br><b>MARTIAL ARTS</b>           |
| 5:15 PM  | *By Invitation Only<br><b>**INSTRUCTOR PREP</b>       | Ages 7 +<br><b>**SAFEGUARD</b>            | *By Invitation Only<br><b>**INSTRUCTOR PREP</b>       | Ages 7 +<br><b>**SAFEGUARD</b>            |
| 6:15 PM  | Brown to Black Belts Only<br><b>**BLACK BELT PREP</b> | Ages 7 +<br><b>**MARTIAL ARTS</b>         | Brown to Black Belts Only<br><b>**BLACK BELT PREP</b> | Ages 7 +<br><b>**MARTIAL ARTS</b>         |
| 7:15 PM  |   | Ages 10 +<br><b>**SAFEGUARD</b>           |   | Ages 10 +<br><b>**SAFEGUARD</b>           |

| Upstairs | Saturday                               |
|----------|--|
| 9:15 AM  | Ages 10 +<br><b>**MARTIAL ARTS</b>     |
| 10:15 AM | Ages 4 - 8<br><b>**INTRO SAFEGUARD</b> |

\* = Approval by GMS

\*\* = Equipment required