Shin's Schedule of Classes
Effective 01/02/2023 - 06/09/2023
Office/ 661.257.6767   Office Email/ office.shinsfmac@gmail.com

Gym	MON	TUE	WED	THUR
3:30 PM 45 mins.	Ages 4 - 8 **INTRO KICK & FLIP** After School Program	Ages 4 - 8 **INTRO KICK & FLIP** After School Program	Ages 4 - 8 **INTRO KICK & FLIP** After School Program	Ages 4 - 8 **INTRO KICK & FLIP** After School Program
4:15 PM 45 mins.	Ages 4 - 10 **INTRO KICK & FLIP**	Ages 4 - 10 **INTRO KICK & FLIP**	Ages 4 - 10 **INTRO KICK & FLIP**	Ages 4 - 10 **INTRO KICK & FLIP**
5:00 PM 45 mins.	Ages 8+ **INTRO KICK & FLIP**	Ages 8+ **INTRO KICK & FLIP**	Ages 8+ **INTRO KICK & FLIP**	Ages 8+ **INTRO KICK & FLIP**
5:45 PM 45 mins.	Ages 8+ **MARTIAL ARTS** Equipment Required	Ages 8+ **MARTIAL ARTS** Equipment Required	Ages 8+ **MARTIAL ARTS** Equipment Required	Ages 8+ **MARTIAL ARTS** Equipment Required
6:30 PM 60 mins.	Ages 8+ **KICK & FLIP**	Ages 8+ **KICK & FLIP**	Ages 8+ **KICK & FLIP**	Ages 8+ **KICK & FLIP**

Gym	SAT
9:15 AM 60 mins.	Ages 5+ **MARTIAL ARTS** Equipment Required
10:15 AM 60 mins.	Ages 5+ **KICK & FLIP**

Upstairs	MON	TUE	WED	THUR
3:30 PM 45 mins.	Ages 4 - 8 **INTRO SAFEGUARD** After School Program Equipment Required	Ages 4 - 8 **INTRO MARTIAL ARTS** After School Program Equipment Required	Ages 4 - 8 **INTRO SAFEGUARD** After School Program Equipment Required	Ages 4 - 8 **INTRO MARTIAL ARTS** After School Program Equipment Required
4:20 PM 45 mins.	Ages 5 - 12 **INTRO SAFEGUARD** Equipment Required	Ages 5 - 12 **INTRO MARTIAL ARTS** Equipment Required	Ages 5 - 12 **INTRO SAFEGUARD** Equipment Required	Ages 5 - 12 **INTRO MARTIAL ARTS** Equipment Required
5:10 PM 60 mins.	*By invitation only **JR. INST. PREP** Equipment Required	Ages 8+ **SAFEGUARD** Equipment Required	*By invitation only **JR. INST. PREP** Equipment Required	Ages 8+ **SAFEGUARD** Equipment Required
6:15 PM 75 mins.	*By invitation only **INSTRUCTOR PREP** Equipment Required	Ages 8+ **MA SPARRING** Equipment Required	*By invitation only **INSTRUCTOR PREP** Equipment Required	Ages 8+ **MA SPARRING** Equipment Required