

Shin's Family Martial Arts Center - Effective 1 / 14 / 19

661.257.6767

661.702.0123

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

| Gym | Saturday |
|----------|---|
| 9:00 AM | Ages 4 - 8 KICK & FLIP |
| 9:45 AM | Ages 5 + **MARTIAL ARTS |
| 10:30 AM | Ages 7 + INTRO TRICKING&FORMS |

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

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

* = Approval by GMS

** = Equipment required