

# SHIN'S SCHEDULE

*Shin's Family Martial Arts Center*

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<b>Gym</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>
<b>4:30 PM</b>	Ages 4 - 10 <b>KICK &amp; FLIP</b>	Ages 4 - 10 <b>KICK &amp; FLIP</b>	Ages 4 - 10 <b>KICK &amp; FLIP</b>	Ages 4 - 10 <b>KICK &amp; FLIP</b>
<b>5:30 PM</b>	Ages 5 + <b>**MARTIAL ARTS Bootcamp</b>	Ages 5 + <b>KICK &amp; FLIP</b>	Ages 5 + <b>**MARTIAL ARTS Bootcamp</b>	Ages 5 + <b>KICK &amp; FLIP</b>
<b>6:30 PM</b>	Ages 7 + <b>KICK &amp; FLIP</b>	Ages 7 + <b>KICK &amp; FLIP</b>	Ages 7 + <b>KICK &amp; FLIP</b>	Ages 7 + <b>KICK &amp; FLIP</b>

<b>Gym</b>	<b>SAT</b>
<b>9:30 AM</b>	Ages 4 + <b>KICK &amp; FLIP</b>
<b>10:30 AM</b>	Ages 4 + <b>KICK &amp; FLIP</b>

<b>Upstairs</b>	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THUR</b>
<b>4:00 PM</b>	Ages 4 - 8 <b>**INTRO SAFEGUARD</b>	Ages 4 - 8 <b>**MARTIAL ARTS</b>	Ages 4 - 8 <b>**INTRO SAFEGUARD</b>	Ages 4 - 8 <b>**MARTIAL ARTS</b>
<b>5:00 PM</b>	Ages 5 + <b>**SAFEGUARD</b>	*Approval by GMS <b>**JR INSTRUCTOR PREP</b>	Ages 5 + <b>**SAFEGUARD</b>	*Approval by GMS <b>**JR INSTRUCTOR PREP</b>
<b>6:00 PM</b>	*Approval by GMS <b>**INSTRUCTOR PREP</b>	Ages 7 + <b>**MARTIAL ARTS</b>	*Approval by GMS <b>**INSTRUCTOR PREP</b>	Ages 7 + <b>**MARTIAL ARTS</b>
<b>7:00 PM</b>	Ages 10 + <b>**SAFEGUARD</b>	Ages 10 + <b>**MARTIAL ARTS</b>	Ages 10 + <b>**SAFEGUARD</b>	Ages 10 + <b>**MARTIAL ARTS</b>

<b>Upstairs</b>	<b>SAT</b>
<b>9:15 AM</b>	Ages 7 + <b>**MARTIAL ARTS</b>
<b>10:15 AM</b>	*Approval by GMS <b>**SR/JR INSTRUCTOR PREP</b>

\* = Approval by Grand Master Shin (GMS) or Ma'am Nicole

\*\* = Equipment required