

SHIN'S SCHEDULE

Shin's Family Martial Arts Center

661.257.6767

office.shinsfmac@gmail.com

Gym	MON	TUE	WED	THUR
4:30 PM	Ages 4 - 10 KICK & FLIP	Ages 4 - 10 KICK & FLIP	Ages 4 - 10 KICK & FLIP	Ages 4 - 10 KICK & FLIP
5:30 PM	Ages 5 + **MARTIAL ARTS Bootcamp	Ages 5 + KICK & FLIP	Ages 5 + **MARTIAL ARTS Bootcamp	Ages 5 + KICK & FLIP
6:30 PM	Ages 7 + KICK & FLIP	Ages 7 + KICK & FLIP	Ages 7 + KICK & FLIP	Ages 7 + KICK & FLIP

Gym	SAT
9:30 AM	Ages 4 + KICK & FLIP
10:30 AM	Ages 4 + KICK & FLIP

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

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

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

**** = Equipment required**