



# SUMMER SCHEDULE 2010

Effective July 7, 2010

## CHILDRENS PROGRAM

CLASS DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>LIL' WARRIORS</b> Pre-School Children	4:00 - 4:30 PM		4:00 - 4:30 PM		<b>Sign up for your Private Lessons!</b> Need a little extra help and motivation? Want to polish up your basics or ace your fighting combinations for your next promotion test? Is there a skill you need a helping hand with? Please check with Mrs. Malvagna for more information and scheduling with our Black Belt Success Coaches! <b>30 minute time slots are from 3:00 to 5:00 PM on Fridays</b>	10:15- 10:45 AM
<b>YOUTH</b> White to Orange/Black Age 5-8	5:15 - 6:00 PM	4:30 - 5:15 PM	4:30 - 5:15 PM	5:15 - 6:00 PM		10:45 - 11:30 AM
<b>JUNIOR</b> White to Orange/White Age 9-13	4:30 - 5:15 PM	5:15 - 6:00 PM	5:15 - 6:00 PM	4:30 - 5:15 PM		11:30 - 12:15 PM
<b>BBC I</b> Green - Navy Blue	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM	6:00 - 7:00 PM		12:15 - 1:00 PM
<b>BBC II</b> Brown - Red/Black						1:00 - 1:45 PM
<b>MASTERS PROGRAM</b>	<b>www.kapatidmartialarts.com</b>					5:00 - 6:00 PM
<b>JUNIOR</b>					6:00 - 6:45 PM	
<b>BLACK BELT</b>						

## ADULT PROGRAM

<b>ULTIMATE KICKBOXING BOOTCAMP</b>	9:30 - 10:30 AM		9:30 - 10:30 AM		9:30 - 10:30 AM	
<b>MARTIAL ATHLETICS KICKBOXING</b>	7:15 - 8:15 PM	7:15 - 8:15 PM	7:15 - 8:15 PM	7:15 - 8:15 PM		9:00 - 10:00 AM
<b>ADULT MARTIAL ARTS</b>	8:15 - 9:15 PM		8:15 - 9:15 PM		<b>Students are expected to:</b> <ul style="list-style-type: none"> <li>• Bring sparring gear to every class</li> <li>• Attend class on a regular and consistent schedule</li> <li>• Arrive 10 to 15 minutes early for your scheduled class</li> <li>• Pull Student IDs prior to class</li> <li>• Wear Full Uniform to class</li> <li>• Keep uniforms neat, clean and odor free</li> <li>• Do not disturb classes in session</li> <li>• Remain silent while other classes are bowing in and out</li> <li>• Memorize and apply Student Creed</li> <li>• Saturday classes will be cancelled occasionally due to special events</li> </ul>	
<b>ADULT ADVANCED</b>		8:15 - 9:15 PM		8:15 - 9:15 PM		
<b>SPECIALIZED TACTICAL TRAINING</b>		ATIENZA KALI 9:30 - 11 PM		SAYOC KALI 9:30 - 11 PM		
<b><i>Please Don't Keep Us A Secret!!</i></b>						

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