



FALL/WINTER SCHEDULE 2010

Effective October 5, 2009

CHILDRENS PROGRAM

CLASS DESCRIPTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LIL' WARRIORS Pre-School Children	3:30 - 4:00 PM		3:30 - 4:00 PM		Sign up for your Private Lessons! 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! 30 minute time slots are from 3:00 to 5:00 PM on Fridays	10:15- 10:45 AM
YOUTH White to Orange/White Age 5-8	4:45 - 5:30 PM	4:00 - 4:45 PM	4:00 - 4:45 PM	4:45 - 5:30 PM		10:45 - 11:30 AM
JUNIOR White to Orange/White Age 9-13	4:00 - 4:45 PM	4:45 - 5:30 PM	4:45 - 5:30 PM	4:00 - 4:45 PM		11:30 - 12:15 PM
BBC I Green - Navy Blue	6:15 - 7:00 PM	5:30 - 6:15 PM	5:30 - 6:15 PM	6:15 - 7:00 PM		12:15 - 1:00 PM
BBC II Brown - Red/Black	5:30 - 6:15 PM	6:15 - 7:00 PM	6:15 - 7:00 PM	5:30 - 6:15 PM		1:00 - 1:45 PM
MASTERS PROGRAM JUNIOR BLACK BELT	www.kapatidmartialarts.com					5:00 - 6:00 PM
					6:00 - 6:45 PM	

ADULT PROGRAM

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

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