

SCHEDULE OF CLASSES

SIDEKICKS FIGHT ACADEMY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 AM						Adult Chun Kuk Do
10:00 AM		<u>Jiu-Jitsu</u> Adult	<u>Kickboxing</u> Adult w/ Jack Toufenkchian	<u>Jiu-Jitsu</u> Adult		<u>Chun Kuk Do</u> Juniors All
11:00 AM						<u>Chun Kuk Do</u> All Kids
12:00 PM		Open Mat	Open Mat	Open Mat		<u>Jiu-Jitsu</u> Adult
2:30 PM	Privates	Privates	Privates	Privates	Privates	
3:30 PM	<u>Mixed Martial Art</u> Kids & Juniors	<u>Chun Kuk Do</u> Kids 3:45pm	<u>Chun Kuk Do</u> Beginning Juniors	<u>Chun Kuk Do</u> Kids 3:45pm	<u>Tournament Team</u> Black Belt Club	
4:30 PM	<u>Chun Kuk Do</u> Advanced	<u>Jiu-Jitsu</u> Kids & Juniors	<u>Mixed Martial Art</u> Kids & Juniors	<u>Jiu-Jitsu</u> Kids & Juniors	<u>Chun Kuk Do</u> All	
5:30 PM	<u>Jiu-Jitsu</u> Adult	<u>Chun Kuk Do</u> Advanced <u>Mixed Martial Art</u> Adult	<u>Jiu-Jitsu</u> Adult w/ Karo Parisyan	<u>Chun Kuk Do</u> Family <u>Mixed Martial Art</u> Basic	<u>Jiu-Jitsu</u> Kids & Juniors <u>Mixed Martial Art</u> Basic	
6:30 PM	<u>Chun Kuk Do</u> Beginning Juniors	<u>Chun Kuk Do</u> Family <u>Kickboxing</u> Basic	<u>Chun Kuk Do</u> Kids	<u>Jiu-Jitsu</u> Adult Gi	<u>Jiu-Jitsu</u> Adult	
7:30 PM	<u>Mixed Martial Art</u> Adult	<u>Jiu-Jitsu</u> Adult Gi	<u>Kickboxing</u> Adult	<u>Kickboxing</u> Adult		

Kids: 4-7 Years of Age / Juniors: 8-13 Years of Age / Adults: 14 and Over ● Beginning: White-Blue / Advanced: Green and Up

EFFECTIVE: August 2009