

KICK'N FX

WITH STEVE CHAPUT
 (YOUR FAMILY MARTIAL ARTS CENTRE)
 143 WINNIETT ST. WOODSTOCK ONTARIO
 WWW.KICKNFX.COM 519-537-2737

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|--|
| 4:50-5:40 PM JUNIOR CHAMPS NOVICE | 4:50-5:30 PM LITTLE CHAMPS AND LITTLE STARS | 4:50-5:40 PM JUNIOR CHAMPS NOVICE | 4:50-5:30 PM LITTLE CHAMPS AND LITTLE STARS | 4:50-5:30 PM LITTLE CHAMPS AND LITTLE STARS | 8:50-9:30 AM LITTLE CHAMPS AND LITTLE STARS |
| 5:50-6:40 PM JUNIOR STARS INTERMEDIATE | 5:40-6:30 PM JUNIOR STARS <u>INTERMEDIATE</u> 5:40-6:30 JUNIOR BLACK | 5:50-6:40 PM JUNIOR STARS INTERMEDIATE | 5:40-6:30 PM JUNIOR LEADERS <u>ADVANCED</u> 5:40-6:30 JUNIOR CHAMPS | 5:40-6:30 PM JUNIOR BLACK BELT | 9:40-10:30 AM JUNIOR CHAMPS NOVICE |
| 6:50-7:40 PM JUNIOR LEADERS ADVANCED AND JUNIOR BLACK | 6:45-7:30 PM LTS(week #1 + #2) GOLD (week #3 + #4) of the month | 6:50-7:40 PM JUNIOR LEADERS ADVANCED AND JUNIOR BLACK | 6:40-7:30 PM ADULT BLACK BELT | 6:40-7:30 PM FAMILY CLASS (must attend with) a family member | 10:40-11:30 AM JUNIOR STARS INTERMEDIATE |
| 7:45-8:45 PM TEEN/ADULT ALL LEVELS | 7:45-8:45 PM TEEN/ADULT ALL LEVELS | 7:45-8:45 PM TEEN/ADULTS ALL LEVELS | 7:45-8:45 PM TEEN/ADULT ALL LEVELS | 7:30-8:00 PM SPARRING CLASS FULL SAFETY GEAR | 10:40-11:30 AM JUNIOR LEADERS ADVANCED |
| | | | | | 11:40-12:30 PM FAMILY CLASS (must be with a) <u>family member</u> |

*** CLASS ATTENDANCE FOR GROUPS ***

LITTLE CHAMPS AND LITTLE STARS MAY ATTEND 2 CLASSES OF YOUR CHOICE
 JUNIORS AND TEEN / ADULT GROUPS MAY ATTEND 3 CLASSES OF YOUR CHOICE
 GOLD TEAM AND LEADER TEAM UNLIMITED CLASS ATTENDANCE

SPARRING DOES NOT COUNT AS ONE OF YOUR AVAILABLE CLASSES TO ATTEND
 (BUT YOU MUST HAVE FULL SAFETY GEAR - SEE SENSEI FOR SAFETY GEAR)

CLASS DESCRIPTIONS

LITTLE CHAMPS
 (4-6 YEARS)
 WHITE - HALF ORANGE

LITTLE STARS
 (4-6YEARS)
 ORANGE BELT - ADV PURPLE

JUNIOR CHAMPS NOVICE
 (7-13YEARS)
 WHITE - PURPLE

JUNIOR STARS INTERMEDIATE
 (7-13YEARS)
 ADV PURPLE - GREEN

JUNIOR LEADERS ADVANCED
 (7-13YEARS)
 ADV GREEN - ADV BROWN

JUNIOR BLACK BELTS (JBB)
 (UP TO AGE 13-14YEARS)

TEEN / ADULT
 AGES 14 YRS+
 NOVICE WHITE - RED BELT

TEEN / ADULT
 AGES 14 YRS+
 INTERMEDIATE / ADVANCED
 ADV RED - ADV BROWN

TEEN / ADULT
 AGES 14 YRS
 BLACK BELT CLASS

L.I.T. TEAM
 INSTRUCTORS TRAINING

G.O.L.D TEAM
 GUIDANCE ON DEVELOPMENT
 LEADERSHIP
 (AGES 11YRS AND UP)

" NEW " FAMILY CLASS
 MUST BE WITH A FAMILY
 MEMBER TO ATTEND