

KICK'N FX

WITH STEVE CHAPUT
 (YOUR FAMILY MARTIAL ARTS CENTRE)
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	CLASS DESCRIPTIONS
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	LITTLE CHAMPS (4-6 YEARS) WHITE - HALF ORANGE
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	LITTLE STARS (4-6YEARS) ORANGE BELT - ADV PURPLE JUNIOR CHAMPS NOVICE (7-13YEARS) WHITE - PURPLE
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	JUNIOR STARS INTERMEDIATE (7-13YEARS) ADV PURPLE - GREEN
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		10:40-1130 AM JUNIOR LEADERS ADVANCED	JUNIOR LEADERS ADVANCED (7-13YEARS) ADV GREEN - ADV BROWN
					11:30 AM-12:00 PM SPARRING CLASS FULL SAFETY GEAR	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

*** 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)