



# FASTKICK MARTIAL ARTS & FITNESS CENTER

## CLASS SCHEDULE

Revised 07/2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 to 10:45 Family All Belts		10:00 to 10:45 Family All Belts			<b>9:00 to 10:30 Stretching &amp; Meditation</b>  Check with your instructor for special events happening on Saturday's.  Private Lessons Available to anyone who needs extra help. See Mr. Doering  <b>Birthday Parties!</b>  Are exciting and fun at FastKick Martial Arts!!!  Ask Mr. Doering about having your Birthday Party with us, or pick up information in the lobby.
11:00 to 11:30 Tiny Tigers 3-6 years old		11:00 to 11:30 Tiny Tigers 3-6 years old			
4:45 to 5:30 Children All Belts	4:45 to 5:15 Tiny Tigers 3-4 years old	4:45 to 5:30 Children All Belts	4:45 to 5:15 Tiny Tigers 3-4 years old	4:45 to 5:30 Children All Belts	
5:30 to 6:00 Family Beginner	5:15 to 5:45 Tiny Tigers 5-6 years old	5:30 to 6:00 Family Beginner	5:15 to 5:45 Tiny Tigers 5-6 years old	5:30 to 6:00 Family Beginner	
6:00 to 6:30 Tiny Tigers 3-4 years old	5:45 to 6:15 Sparring Skills & Drills	6:00 to 6:45 Family Inter./Advanced	5:45 to 6:15 Sparring Skills & Drills	6:00 to 6:30 Tiny Tigers 3-4 years old	
6:30 to 7:00 Tiny Tigers 5-6 years old	6:15 to 7:00 Family All Belts		6:15 to 7:00 Family All Belts	6:30 to 7:00 Tiny Tigers 5-6 years old	
7:00 to 7:30 Focus on Forms	7:00 to 7:30 Family Beginner	7:00 to 8:00 Stretching & Meditation	7:00 to 7:30 Family Beginner	7:00 to 7:45 Family All Belts	
7:30 to 8:15 Extreme Cardio Taekwondo	7:30 to 8:15 Family Inter./Advanced		7:30 to 8:15 Family Inter./Advanced		

- \***Beginner Class** will focus on White thru Orange belt curriculum, and may only be attended by these belts.
- \***Inter./Advanced Class** will focus on Green belt thru Black belt curriculum.
- \***Family Class** will have adults and children training in the same class.
- \***Children Class** is for children six to seven years old and up.
- \***Tiny Tigers** are specialized classes for children three to six years old.
- \***Focus on Forms** is a 30 minute class designed to improve knowledge of Taekwondo Poomse (forms).
- \***Extreme Cardio TKD** is a high intensity class focusing on cardio, agility, speed & strength training. All students welcome.
- \***Stretching & Meditation** is an adult class focusing on proper stretching, improved flexibility, and meditative breathing.
- \*Senior students are encouraged to stop by the Beginner class, not to workout, but to welcome and advise new students.
- \*Private Lessons are by appointment only, and must be scheduled in advance.



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**FastKickTKD.com**

**Kansas City's Premier Family Martial Arts School for Tradition or Sport!**