

SAN LORENZO VALLEY MARTIAL ARTS

WINTER / SPRING 2017

Sun	Monday	Tuesday	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Cardio Kickboxing All Skill Levels 9:30-10:30
						Adult Taekwondo 10:30-11:30
	Little Dragons 3:15-3:45	Children's Beginner Taekwondo All Ages 3:15-3:45	Little Dragons 3:15-3:45	Children's Beginner Taekwondo All Ages 3:15-3:45	Fun Friday! All Ages 3:15-3:45	
	Children's Beg/ Intermediate Taekwondo 4th Grade & below 3:45-4:30	Children's Beg/ Intermediate Taekwondo Yellow Belt +/4th Grade & below 3:45-4:30	Children's Beg/ Intermediate Taekwondo 4th Grade & Below 3:45-4:30	Children's Beg/Intermediate Taekwondo Yellow Belt + / 4th Grade & below 3:45-4:30	Children's All Ages Yellow & Up— SPARRING ** 4th Grade & below 3:45-4:30	
	Padded Weapons: Jedi Training* 4:30-5:15 Children's Beg-Advanced Taekwondo 5th Grade & above 4:30-5:15	Children's Beg-Advanced 5th Grade & above 4:30-5:15 Children's Taekwondo ADVANCED FORMS All Ages: Green—Black Belts (cont.) 5:15-5:30	Junior Judo* 4:30-5:15 Children's Beg-Advanced Taekwondo 5th Grade & above 4:30-5:15	Children's Beg-Advanced 5th Grade & above 4:30-5:15 Children's Taekwondo ADVANCED SPARRING** All Ages: Green—Black Belts (cont.) 5:15-5:30	Children's Forms/ Demo Team Practice* All ages 4:30-5:15	
	Cardio Kickboxing All Skill Levels 6:15-7:15	Adult Taekwondo 6:15-7:15	Cardio Kickboxing All Skill Levels 6:15-7:15	Adult Taekwondo SPARRING** 6:15-7:15	Adult Taekwondo Training Variable Schedule Contact office Prior to class to confirm	

*WE ARE THRILLED TO OFFER OUR NEW JEDI TRAINING, JUDO CLASSES AND OFFICIAL SPOTS ON OUR DEMO TEAM. STUDENTS THAT EXHIBIT SELF-CONTROL AND GOOD BEHAVIOR MAY EARN THE PRIVILEGE TO PARTICIPATE. PLEASE CONTACT EITHER MASTER SMITH OR MISTER IKE TO DISCUSS YOUR INVOLVEMENT.

**ALL PARTICIPANTS IN SPARRING, YELLOW BELT & UP, ARE REQUIRED TO MAINTAIN THEIR OWN PERSONAL SPARRING EQUIPMENT. FOR OBVIOUS SANITARY REASONS, WE STRONGLY DISCOURAGE SHARING. YOU MAY PURCHASE HIGH QUALITY, COMPETITION APPROVED GEAR THAT IS BUILT TO LAST THROUGH OUR STUDIO AT VERY REASONABLE RATES. PLEASE CONTACT OUR OFFICE FOR A COMPLETE LIST OF SUPPLIES AND/OR TO PLACE AN ORDER.

EFF. 2/6/17

QUESTIONS? CALL US AT 831-704-7924

WEEKLY SCHEDULE

6116 HWY 9, UNIT 2, FELTON, CA 95018