



SAN LORENZO VALLEY MARTIAL ARTS

SUMMER 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
June 18th – August 17th						
4:30 to 5:15	YOUTH TAEKWONDO	YOUTH TAEKWONDO	YOUTH TAEKWONDO	YOUTH TAEKWONDO SPARRING (YELLOW BELT & UP)	YOUTH TAEKWONDO FORMS (ALL RANKS & AGES)	
5:15 to 6:15		ADULT TAEKWONDO		ADULT TAEKWONDO	ADULT TAEKWONDO	
6:30 to 7:30	KICKBOXING	YOGA	KICKBOXING	YOGA		

ADULT TAEKWONDO: MIDDLE SCHOOL AGE AND UP.

CARDIO KICKBOXING: A CALORIE-BURNING, EMPOWERING BLEND OF BOXING, KICKBOXING, SELF-DEFENSE, STRENGTHENING AND FLEXIBILITY DEVELOPMENT OF EACH GROUP. EXERCISES FOR MEN AND WOMEN.

YOGA: A YOGA FLOW PRACTISE OF BALANCE, FLEXIBILITY AND STRENGTHENING EXERCISES FOR ALL LEVELS.