



# SAN LORENZO VALLEY MARTIAL ARTS

## FALL/WINTER 2018-19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>6:20 to 6:55 AM</b>	<b>WAKE-UP CALL WORKOUT</b> W/JAMES JURADO		<b>WAKE-UP CALL WORKOUT</b> W/JAMES JURADO		<b>WAKE-UP CALL WORKOUT</b> W/JAMES JURADO	<b>STARTING SOON!</b> <b>9:15 TO 10:15</b> <b>PILATES/YOGA FUSION</b>
<b>3:15 to 3:45</b>	<b>LITTLE DRAGONS</b>		<b>LITTLE DRAGONS</b>			
<b>3:45 to 4:30</b>	<b>YOUTH TAEKWONDO</b> 1ST - 4TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 1ST - 4TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 1ST - 4TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 1ST - 4TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 1ST - 4TH GRD ALL LEVELS	
<b>4:30 to 5:15</b>	<b>YOUTH TAEKWONDO</b> 5TH - 8TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 5TH - 8TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 5TH - 8TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 5TH - 8TH GRD ALL LEVELS	<b>YOUTH TAEKWONDO</b> 5TH - 8TH GRD ALL LEVELS	
<b>5:30 to 6:30</b>		<b>ADULT TAEKWONDO</b>		<b>ADULT TAEKWONDO</b>	<b>ADULT TAEKWONDO</b>	
<b>6:30 to 7:30</b>	<b>FITNESS KICKBOXING</b>	<b>YOGA 26X2</b>	<b>FITNESS KICKBOXING</b>	<b>YOGA 26X2</b>		

**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.