

SIDEKICK MA&F - FALL 2015 / SPRING 2016 - CLASS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY
4:00 PM	TINY TIGERS				<p><i>WE HOST BIRTHDAY PARTIES ON FRIDAY EVENINGS, AS WELL AS, SATURDAYS AND SUNDAYS!</i></p> <p><i>CALL US TO BOOK A PARTY FOR YOUR CHILD</i></p>	8:00 AM	GINASTICA NATURAL® (CARDIO YOGA)
4:15 PM			TINY TIGERS			9:00 AM	BREAK
4:30 PM	BREAK	FAMILY MA / ADVANCED		FAMILY MA / ADVANCED		9:30 AM	KETTLEBELL FITNESS
4:45 PM	BEGINNER MARTIAL ARTS		BREAK			10:45 AM	BEGINNER MARTIAL ARTS
5:00 PM		INTERMEDIATE / ADVANCED MARTIAL ARTS	BEGINNER MARTIAL ARTS	INTERMEDIATE / ADVANCED MARTIAL ARTS		11:30 AM	INTERMEDIATE / ADVANCED ALL AGES
5:15 PM						12:30 PM	TINY TIGERS
5:30 PM	BREAK	BREAK					
5:45 PM	INTERMEDIATE / ADVANCED MARTIAL ARTS	BREAK					
6:00 PM		BEGINNER MARTIAL ARTS	INTERMEDIATE / ADVANCED MARTIAL ARTS	BEGINNER MARTIAL ARTS			
6:15 PM							
6:30 PM	ADVANCED MA - SPARRING						
6:45 PM	BREAK						
7:00 PM	KETTLEBELL FITNESS	KETTLEBELL FITNESS	KETTLEBELL FITNESS	KETTLEBELL FITNESS			
8:00 PM		ADULT MIXED MARTIAL ARTS		ADULT MIXED MARTIAL ARTS			

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CHILDREN AND ADULT CLASSES
MIXED MARTIAL ARTS
KETTLEBELL FITNESS
GINASTICA NATURAL® (CARDIO YOGA)

