



Kismet Martial Arts Academy Schedule, Spring 2010

Day	Time	Class	Age Group
Mon	3:45 - 4:30 p	Tiny Tigers	4 - 6
	4:30 - 5:15 p	Warriors Basic	7 - 13
	6:00 - 7:00 p	Kickboxing	14+/Adult
	7:00 - 8:00 p	Kickboxing Bootcamp	14+/Adult
Tues	9:00 - 10:00 a	Kickboxing	14+/Adult
	4:00 - 4:45 p	Warriors Basic	7 - 13
	5:00 - 5:45 p	Kids Kickboxing	7 - 13
	6:30 - 7:30 p	Kickboxing	14+/Adult
Wed	4:45 - 5:30 P	Tiny Tigers	4 - 6
	5:30 - 6:15 p	Warriors Basic	7 - 13
	6:30 - 7:30 p	Kickboxing Bootcamp	14+/Adult
	7:30 - 8:30 p	Full Body Conditioning	14+/Adult
Thurs	9:00 - 10:00	Kickboxing	14+/Adult
	4:15 - 5:00 p	Kids Kickboxing	7 - 13
	5:00 - 5:45 p	Warriors Intermediate	7 - 13
	7:00 - 8:00 p	Kickboxing	14+/Adult
Fri	5:00 - 6:00	Kickboxing	14+/Adult
	6:00 - 7:00 p	Full Body Conditioning	14+/Adult
Sat	8:00 - 9:00 a	Full Body Conditioning	14+/Adult
	9:00 - 10:00 a	Kickboxing	14+/Adult
	10:00 - 11:00 a	Warriors Open Mat	7 - 13

Adult Program

Lose Weight

Increase Flexibility

Tone Your Body

Build Self Esteem

Kids Karate

Develop Discipline

Build Character

Improve Focus

Stay Active

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