



Kismet Summer Martial Arts Schedule - Effective June 1

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:45 – 4:30 Tiny Tigers (ages 4-6)	4:00 – 4:45 Warriors – Basic (ages 7-12)	4:15 – 5:00 Warriors – Int (ages 7-12)	4:00 – 5:00 Tweens Kickboxing (CoEd)	3:45 – 4:30 Warriors – Basic (ages 7-12)	9:00 – 10:00 Women's Kickboxing (all levels)	
4:30 – 5:15 Warriors – Basic (ages 7-12)		5:00 – 5:30 Tiny Tigers (ages 4-6)	5:00 – 5:45 Warriors – Int (ages 7-12)	4:30 – 5:30 Warriors Grappling (ages 7-12)	10:00 – 11:00 Strength & Conditioning	
5:15 – 6:00 Warriors – Int (ages 7-12)	5:00 – 6:00 Teens Martial Arts (ages 13+)	5:30 – 6:15 Warriors – Basic (ages 7-12)		5:30 – 6:30 Teens Grappling (ages 13+)	11:00 – 12:00 Martial Arts Open Mat (ages 7-12)	
6:30 – 8:00 Women's Kickboxing (all levels)	6:30 – 8:00 CoEd Kickboxing Basics (all levels)	6:15 – 7:15 Tweens Kickboxing (CoEd)	6:00 – 7:00 Teens Martial Arts (ages 13+)	6:30 – 8:00 Men's Open Mat	12:00 – 1:00 Coed Kickboxing (all levels)	
	7:00 – 8:30 Women's Kickboxing (all levels)	7:15 – 8:15 Intermediate Women's Kickboxing (by invitation)	7:00 – 8:30 Women's Kickboxing (all levels)			