



4 TOWERS MARTIAL ARTS
KARATE & ZUMBA & YOGA
SCHEDULE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHILD BEGINNERS (KARATE)		6:15 PM TO 7:00 PM		6:15PM TO 7:00 PM	APPOINTMENTS ONLY	SPECIAL EVENTS
CHILD INTERMEDIATE (KARATE)	6:15PM TO 7:00 PM		6:15PM TO 7:00 PM		APPOINTMENTS ONLY	SPECIAL EVENTS
BLACK BELT CLUB			7:00 PM TO 7:30 PM		APPOINTMENTS ONLY	SPECIAL EVENTS
SAMURAI CLUB	7:00 PM TO 7:30 PM				APPOINTMENTS ONLY	SPECIAL EVENTS
ADULT COMBAT / SPARRING	7:30 PM TO 8:30 PM	7:30 PM TO 8:30 PM	7:30 PM TO 8:30 PM	7:30 PM TO 8:30 PM	APPOINTMENTS ONLY	SPECIAL EVENTS
 ZUMBA [®] FITNESS	5:00 PM TO 6:00 PM	5:00 PM TO 6:00 PM	5:00 PM TO 6:00 PM	5:00 PM TO 6:00 PM		
 STRONG BY ZUMBA		11:00 AM TO 12:00 PM				
 ZUMBA [®] toning				11:00 AM TO 12:00 PM		
YOGA		9:50 AM TO 10:50 AM		9:50 AM TO 10:50 AM		

FOR MORE INFORMATION CALL

(352) 255-6633 (KARATE)

(352) 255-5692 (ZUMBA)

(863) 353-6897 (YOGA)