

CRIMSON SPARROW MARTIAL ARTS TKD CLASS SCHEDULE

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MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
COBRA FIT or KickStart Fitness 5:15am (45min)	COBRA FIT or KickStart Fitness 6:30am (45min)	COBRA FIT or KickStart Fitness 5:15am (45min)	COBRA FIT or KickStart Fitness 6:30am (45min)	COBRA FIT or KickStart Fitness 5:15am (45min)	COBRA FIT or KickStart Fitness 9:00am (45 min)

EVENING CLASSES

	Mini Ninjas 5:00 - 5:30 (30min) Ages 18 mths - 3yrs old	Instructor 4:00pm	Mini Ninjas 5:00 - 5:30 (30min) Ages 18 mths - 3yrs old		JR. Basic Program 10:00 - 10:30 (30 min) <hr/> JR. BB Program 10:00 - 11:00 (60 min) 6-12yrs old <hr/> Lil'Ninjas 11:00-11:30 (30min) Ages 3-5/6 yrs old
Lil'Ninjas 5:30 - 6:00 (30min) Ages 3-5/6 yrs old	Lil'Ninjas 5:30 - 6:00 (30min) Ages 3-5/6 yrs old	COBRA FIT or KickStart Fitness 5:00pm (45min)	Lil'Ninjas 5:30 - 6:00 (30min) Ages 3-5/6 yrs old	Instructor 5:00pm	FAM., SR., Adult Elite Basic Program 12:00 - 12:30 (30 min) <hr/> FAM., SR., Adult Elite BB Program 12:00 - 1:00 (60 min) All Ages
JR. Basic Program 6:00 - 6:30 (30 min) <hr/> JR. BB Program 6:00 - 7:00 (60 min) 6-12yrs old	JR. Basic Program 6:00 -6:30 (30 min) <hr/> JR. BB Program 6:00 -7:00 (60 min) 6-12yrs old	SR. Basic Program 6:00 - 6:30 (30 min) <hr/> SR. BB Program 6:00 - 7:00 (60 min) 6-12yrs old	JR. Basic Program 6:00 -6:30 (30 min) <hr/> JR. BB Program 6:00 -7:00 (60 min) 6-12yrs old	COBRA FIT or KickStart Fitness 6:00pm (45min)	
FAM. Basic Program 7:00 - 7:30 (30 min) <hr/> FAM. BB Program 7:00 - 8:00 (60 min) All Ages	SR. Basic Program 7:00 - 7:30 (30 min) <hr/> SR. BB Program 7:00 - 8:00 (60 min) 6-12yrs old	FAM. Basic Program 7:00 - 7:30 (30 min) <hr/> FAM. BB Program 7:00 - 8:00 (60 min) All Ages	SR. Basic Program 7:00 - 7:30 (30 min) <hr/> SR. BB Program 7:00 - 8:00 (60 min) 6-12yrs old	Adults Elite Basic Program 7:00 - 7:30 (30min) <hr/> Adults Elite BB Program 7:00 - 8:00 (60 min) 13yrs & up	
Adults Elite Basic Program 8:00 - 8:30 (30min) <hr/> Adults Elite BB Program 8:00 - 9:00 (60 min) 13yrs & up	COBRA FIT or KickStart Fitness 8:00pm (45min)	C.O.B.R.A SELF DEFENSE 10 WEEK PROGRAM 8:00 PM Dates will be announced.	Adults Elite Basic Program 8:00 - 8:30 (30min) <hr/> Adults Elite BB Program 8:00 - 9:00 (60 min) 13yrs & up	C.O.B.R.A SELF DEFENSE 10 WEEK PROGRAM 8:00 PM Dates will be announced.	
			COBRA FIT or KickStart Fitness 9:00pm (45min)		SATURDAY AFTERNOONS ARE RESERVED FOR TESTINGS/ BIRTHDAY PARTIES SEMINARS TOURNAMENTS AND OTHER SPECIAL TRAINING EVENTS. EX. INTERNATIONAL WORKOUTS. <i>NOTE: SATURDAY MORNING CLASSES COULD BE CANCELED DUE TO SPECIAL EVENTS</i>