

CRIMSON SPARROW MARTIAL ARTS TKD CLASS SCHEDULE

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING CLASSES	CSMA FITNESS KICKBOXING 5:15am (45min)		CSMA FITNESS KICKBOXING 5:15am (45min)		CSMA FITNESS KICKBOXING 5:15am (45min)	
		CSMA FITNESS KICKBOXING NOON (45min)	HOMESCHOOL 10:00AM	CSMA FITNESS KICKBOXING NOON (45min)	HOMESCHOOL 10:00AM	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>
EVENING CLASSES	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		Lil’Ninjas 5:30 - 6:00 (30min) Ages 3-5/6 yrs old		
	JR. BB Program 6:00 - 7:00 (60 min) 6-12yrs old	JR. BB Program 6:00 - 7:00 (60 min) 6-12yrs old	SR. BB Program 6:00 - 7:00 (60 min) 13yrs & up	JR. BB Program 6:00 - 7:00 (60 min) 6-12yrs old	BB WORKOUT 6:00pm	
	CSMA FITNESS KICKBOXING 7:00pm (45min)	SR. BB Program 7:00 - 8:00 (60 min) 6-12yrs old	Adults Elite BB Program 7:00 - 8:00 (60 min) 13yrs & up	SR. BB Program 7:00 - 8:00 (60 min) 6-12yrs old	Adults Elite BB Program 7:00-8:00 (60 min) 13yrs & up	
	Adults Elite BB Program 8:00 - 9:00 (60 min) 13yrs & up		CSMA FITNESS KICKBOXING 8:00pm (45min)	Adults Elite BB Program 8:00 - 9:00 (60 min) 13yrs & up		

CSMA PROGRAMS:

4 WEEK INTRO TO TAEKWON-DO \$99

(Incl. Uniform, Lil' Ninja Program, Jr. or Sr. BB Program, or Adult Elite BB Program)

- LIL' NINJA PROGRAM (Ages 4-6)..... \$99/Month
- JR. BLACK BELT PROGRAM (Ages 6-12 Beginner Belts),
SR. BLACK BELT PROGRAM (Ages 6-12 Intermediate Belts)
ADULT ELITE BLACK BELT PROGRAM (Ages 12 & Up All Ranks) \$119/Month
- CSMA FITNESS KICKBOXING..... \$59/Month

*All program pricing is based on a 6 month commitment.

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- DROP IN CLASSES \$20/Class
 - PRIVATE TAEKWON-DO LESSONS 35 min for \$35
 - PRIVATE FITNESS TRAINING W/TRAINER 35 min for \$35
 - BIRTHDAY PARTIES (15 Kids; \$15/ Addition'l Kid; 2.5hrs.....\$295
 - KIDS SUMMER CAMP.....Price Varies. Please Inquire.
 - ANTI-BULLY SEMINARS
 - C.O.B.R.A SELF DEFENSE PROGRAMS
 - WOMENS ONLY SELF DEFENSE SEMNARS
 - NATIONAL AND INTERNATIONAL TOURNAMENTS
 - BLACK BELT EXCELLENCE LIFE SKILLS PROGRAM

**CLASSES AVAILABLE FOR ALL AGES (3YRS OLD AND UP).
YOUR NEVER TO YOUNG OR TOO OLD TO START YOUR JOURNEY.
ALL LEVELS OF FITNESS WELCOME!**



RISE AND RISE AGAIN IN THE PURSUIT OF BLACK BELT EXCELLENCE.

Black Belt Excellence is a metaphor for being your best and doing your best at home, school work and the community. Following the Taekwon-do Tenants: courtesy, integrity, perseverance, self control and indomitable spirit will help you grow to build a strong mind, body and spirit.

No matter where your journey in life leads you always remember to RISE AND RISE AGAIN.

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