



CORE CENTRE

JukoKaicentermarshall.com

mewsette.cartwright@gmail.com



Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:30-9:35am		Gentle Mobility		Gentle Mobility	 Scan our code 
9:40-11:00	10:15am-11:30 Chair Mobility	1/2 MAT 1/2 TRAPEZE	10:15am-11:30am Chair Mobility	1/2 MAT 1/2 TRAPEZE	
11:00-Noon					
4:00-5:30pm		Private Lesson		1/2 MAT 1/2 TRAPEZE	
5:30-6:30pm	Street Defense (Teen-Adult)	1/2 MAT 1/2 TRAPEZE	Solo Training 6:30-7:30pm	Ladies Dance Night (6:15-7:15pm)	
6:35-7:40pm	Karate (Teen-Adult)			Solo Training 7:15-8:15pm	
7:45-8:30pm	Ancient Weapons (Teen-Adult)				

Adult Ballroom Dance
Private Lessons Available
(Singles or Couplez)

All classes are by RSVP
text 574-780-4803