

Olympic Martial Arts

Summer Schedule

Effective: July - August

Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 am to 10:30 am	Cardiokick Fitness	Cardiokick Fitness		Cardiokick Fitness	
10:30 am to 11:15 am	All Belts	All Belts		All Belts	
4:30 pm to 5:00 pm	Tots	Department of Rec. Tots	Tots	Department of Rec. Tots	
5:00 pm to 5:45 pm	Children's White Belt	Children's White Belt	Children's White Belt	Red to Yellow Advanced Belt	Children's White Belt
5:45 pm to 6:30 pm	Red to Yellow Advanced Belt	Orange to Black Belt	Red to Yellow Advanced Belt	Orange to Black Belt	Red to Yellow Advanced Belt
6:30 pm to 7:30 pm	Orange to Black Belt	Adult Class	Orange to Black Belt	Adult Class	Adult Class
7:30 pm to 8:30 pm	Adult Class	Cardiokick Fitness	Adult Class	Cardiokick Fitness	Cardiokick Fitness
8:30 pm to 9:30 pm	Cardiokick Fitness		Cardiokick Fitness		