

Freedom Martial Arts & Wellness Center

2008 Fall Class Schedule

Effective August 25, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					FITNESS 9:00 - 10:00 AM
				FITNESS 10:00 - 11:00 AM	BLACK SASH 10:00 - 11:00 AM
					KIDS ALL SASH 11:00 - 12:00 PM
					ADULT ALL SASH 12:00 - 1:00 PM
	ADULT & TEEN 1:00 - 2:00 PM				TAI CHI CHUAN 1:00 - 2:00 PM
					LEI TAI * 2:00 - 3:00 PM
	KIDS ALL SASH 4:00 - 5:00 PM	KUNG FU KIDS 4:15 - 4:45 PM	BEG & INT 4:00 - 5:00 PM		KUNG FU KIDS 4:30 - 5:00 PM
KUNG FU KIDS 4:30 - 5:00 PM		INT & ADV 4:45 - 5:45 PM			
BEGINNER 5:00 - 6:00 PM	TAI CHI CHUAN 5:00 - 6:00 PM	SPARRING 5:45 - 6:30 PM	INT & ADV 5:00 - 6:00 PM		INT & ADV 5:00 - 6:00 PM
INT & ADV 6:00 - 7:00 PM	FITNESS 6:00 - 7:00 PM	TAI CHI CHUAN 6:30 - 7:30 PM	FITNESS 6:00 - 7:00 PM		BEGINNER 6:00 - 7:00 PM
WEAPONS 7:00 - 7:45 PM	ADULT & TEEN 7:00 - 8:00 PM	BEGINNER 7:30 - 8:30 PM	TAI CHI CHUAN 7:00 - 8:00 PM		ADULT & TEEN 7:00 - 8:00 PM
FITNESS 7:45 - 8:45 PM	LEI TAI 8:00 - 9:00 PM	ADULT & TEEN 8:30 - 9:30 PM	LEI TAI 8:00 - 9:00 PM		

You may attend any class for your sash level (or below) and/or your age group.

**There is no Lei Tai class on Test Saturdays (2nd Saturday of each month).*

Adult & Teen Classes are open to all sash levels, ages 13 and up.

Sparring Classes are open to Orange Sashes and higher, but you MUST have sparring gear to participate!

Beginner = White and Grey
Intermediate = Orange, Green and Blue
Advanced = Purple, Brown and Black

REFER A FRIEND AND GET A T-SHIRT!