

# WINTER 2019

## WINTER 2019 Schedule

**KICKING FOR LIFE**  
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Effective January 12th, 2019 720-504-7084

Version 1

	<b>MON</b> <small>A Day</small>	<b>TUE</b>	<b>WED</b> <small>B Day</small>	<b>THURS</b>	<b>FRI</b>	<b>SAT</b>
Lil Ninjas ages 3 & 4		4:30 - 5:00	5:15 - 5:45			9:30- 10:00 am
Lil Dragons ages 5 & 6	4:30 - 5:00		5:45 - 6:15			10:00 - 10:30 am
Karate Kids <small>7- 9 yr old ( White -Orange 3)</small>	5:00 - 5:45	5:00 - 5:45			5:00- 5:45	
Beginners <small>10 yr old and up</small> + Family Class	5:45 - 6:30		4:30 - 5:15			10:30 - 11:15 am
Intemediate & Advanced	6:30 - 7:15	5:45 - 6:30	6:15 - 7:00		5:45 - 6:30	10:30 - 11:15 am
Leadership					6:30 - 7:00	
Demo/Competition						11:15 - 12:00NOON
Kicknastics	7:15 - 8:15				7:00 - 8:00	
Sparring			7:00 - 7:45			
Special Classes		Bootcamp 6:30 - 7:30		Bootcamp 6:00 - 7:00		