

SPRING 2019

SPRING 2019 Schedule

KICKING FOR LIFE
info@kicking4life.com

Effective March 21 2019 720-504-7084 Reserve your space today on Mindbody

	MON <small>A Day</small>	TUE	WED <small>B Day</small>	THURS	FRI	SAT
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			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						
Demo/Competition						11:15 - 12:00NOON
Kicknastics	7:15 - 8:15					12:00 - 1:00 pm
Sparring	5:45 - 6:30		7:00 - 7:45			
Special Classes		Bootcamp 6:30 - 7:30		Bootcamp 6:00 - 7:00	Prep Cycle 6:00 - 8:30	