

Shogun Martial Arts 2013 Fall / Winter Schedule 392-2280

Please call to register

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM 6:15	Cardio Weights		Circuit Training	Cardio / Stretch		
6:30	6:15 - 7:00		6:15 - 7:00	6:15 - 7:00		
7:00						
9:30		Circuit Training		Circuit Training		Cardio / Stretch
10:00		9:30 - 10:15		9:30 - 10:15		9:00 - 10:00
10:15						
PM 3:45						
4:00	Ewok Karate		Ewok Karate			
4:15	4:00-4:30 6-7yrs	Jedi Karate	4:00-4:30 6-7yrs	Jedi Karate	Grasshoppers	
4:30	Jedi Karate	4:15 - 4:45	Jedi Karate	4:15 - 4:45	Karate 4yrs	
4:45	4:30 - 5:15	8-10yrs Beginner	4:30 - 5:15	8-10yrs Beginner	4:15 - 4:45	
5:00	8-10yrs Int.Org+	Ninja Karate	8-10yrs Int.Org+	Ninja Karate	Grasshopper 5yrs	
5:15	Ninja Karate	4:45 - 5:30	Ninja Karate	4:45 - 5:30	4:45 - 5:15	
5:30	5:15 - 6:00	11-14yrs Beginner	5:15 - 6:00	11-14yrs Beginner	Kata	
5:45	11-14yrs Int.Org+	Kickbo	11-14yrs Int.Org+	Kickbo	5:15 - 5:45	
6:00	Adult Karate	5:30 - 6:15	Adult Karate	5:30 - 6:15	Weapons 9+yrs	
6:15	6:00 - 7:00		6:00 - 7:00		5:45 - 6:15	
6:30	14+yrs	Kickboxing	14+yrs	Kickboxing	Advanced Karate	Capoeira
6:45		6:15 - 7:15		6:15 - 7:15	6:15-7:15	13+yrs
7:00	Kickboxing	13+ yrs	Kickboxing	13+ yrs	Blue - Black	6:30 - 7:30
7:15	7:00 - 8:00		7:00 - 8:00			
7:30	14+yrs		14+yrs			
7:45						
8:00						