

FALL - WINTER Schedule



Effective September 8th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00						8:30-9:30 – Fitness kickboxing	
9:00	9:30-10:30 – Fitness Kickboxing	9:30-10:30 – Fitness Kickboxing		9:30-10:30 – Fitness Kickboxing		9:30-10:00 Little Ninjas	
10:00						10:00-11:00 – Kids All Ranks	10:15 11:15 AM Elite Team Practice TENTATIVE
11:00						11:15-12:00 – Adaptive Teen bethebestsport.org	
12:00						12:00-1:00 – Elite Advanced Teen / Adult ----- Class 12:00-12:30 Adaptive Little Ninja – bethebestsport.org	
1:00						12:30-1:15 – Adaptive kidsKarate bethebestsport.org	
3:00	3:00-5:00 – Private training				3:30 4:30 PM JCC at Guggenheim	AWESOME BIRTHDAY	
4:00	Private Training	4:30-5:00 – Little Ninjas	4:00 – 5:00 Little Ninjas PYA	4:30-5:00 – Little Ninjas	4:30-5:30 – Kids Elite INVITATIONAL	PARTIES Schedule TODAY!	
5:00	INTRO CLASS Scheduled Appointment	5:00-6:00 Beg/Int	5:00-6:00 Beg / Int PYA	5:00- 6:00 Beg/Int			
6:00	6:00-7:00 – Kids all ranks ----- 7:00 -8:00 Mma Fitness	6:00-7:00 - Int/Adv (kids/teens)	6:00-7:00 Self Defense Plyometrics PYA	6:00- 7:00 – Int/Adv (Kids/Teens)			
7:00	7:00-8:00 Fitness kickboxing	7:00-8:00 Adv/Elite Adult	7:00-8:00 Mma Fitness PYA	7:00-8:00 – Adv Elite Adult			