

GOSHIN-RYU MARTIAL ARTS & FITNESS STUDIO HARDWOOD FLOOR SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am - 10:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE
10:00am - 11:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE
11:00am-11:50am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE
12:00pm-1:00pm	CLOSED FOR LUNCH					PRIVATE TRAINING AVAILABLE
1:00pm-2:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	
2:00pm-4:50pm	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
5:00pm-5:45pm	KID FITNESS PROGRAM			KID FITNESS PROGRAM		
5:30pm-6:20pm		CARDIO KICKBOXING <small>NOT PART OF UNLIMITED</small>				
6:30pm-7:20pm	TOTAL BODY BLAST	ZUMBA®	TOTAL BODY BLAST	ZUMBA®		
7:30pm-8:20pm	CARDIO KICKBOXING	SWORD CLASS NYC KENDO UNTIL 10PM	CARDIO KICKBOXING	SWORD CLASS NYC LONG SWORD UNTIL 10PM	CARDIO KICKBOXING	
8:30pm-9:20pm						

UPDATED AS OF 12/2/17

GOSHIN-RYU MARTIAL ARTS & FITNESS STUDIO MATTED FLOOR SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-10:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	BEG & NOVICE AGES 6 TO 9 KIHON
10:00am-11:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	BEG & NOVICE AGES 10-13 KIHON
11:00am-12:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE
12:00pm-1:00pm	CLOSED FOR LUNCH					JUNIOR TEAM KUMITE (AGES 11 & UNDER)
1:00pm-2:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	JUNIOR TEAM KATA (AGES 11 & UNDER)
4:30pm-5:15pm	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS AGES 3 TO 5	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS AGES 3 TO 5	PRIVATE TRAINING AVAILABLE	
5:15pm-6:15pm	INT & ADVANCED AGES 6 TO 9 KATA	BEG & NOVICE AGES 6 TO 9 KATA	INT & ADVANCED AGES 6 TO 9 KUMITE	BEG & NOVICE AGES 6 TO 9 KUMITE	INT & ADVANCED AGES 6 TO 9 KIHON	
6:15pm-7:15pm	INT & ADVANCED AGES 10 TO 13 KATA	BEG & NOVICE AGES 10-13 KATA	INT & ADVANCED AGES 10 TO 13 KUMITE	BEG & NOVICE AGES 10-13 KUMITE	INT & ADVANCED AGES 10 TO 13 KIHON	
7:15pm-8:15pm	ALL LEVELS AGES 14 & UP KATA	TEEN & SENIOR TEAM KUMITE (AGES 12 & UP)	ALL LEVELS AGES 14 & UP KUMITE	TEEN & SENIOR TEAM KATA (AGES 12 & UP)	ALL LEVELS AGES 14 & UP KIHON	
8:15pm-9:15pm	TEEN & SENIOR TEAM KUMITE (AGES 12 & UP)	TEEN & SENIOR TEAM KATA (AGES 12 & UP)	TEEN & SENIOR TEAM KUMITE (AGES 12 & UP)	TEEN & SENIOR TEAM KUMITE (AGES 12 & UP)	TEEN & SENIOR TEAM WELLNESS & FITNESS (AGES 12 & UP)	

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