

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	ZUMBA® BURST 10:00am - 10:30am ZUMBA® TONING 10:30am - 11:00am
11:00am-11:50am	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-4:20pm	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
4:30pm-5:15pm	KID FITNESS PROGRAM BEGINS SEPTEMBER 2017		KID FITNESS PROGRAM BEGINS SEPTEMBER 2017			
5:30pm-6:20pm		CARDIO KICKBOXING \$10 PER CLASS				
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 9/1/17

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	FREE WOMEN'S SELF DEFENSE CLASS REGISTER IN ADVANCE
10:00am-11:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	WHITE BELTS AGES 6 TO 9 KIHON
11:00am-12:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	WHITE TO YELLOW AGES 10-13 KIHON
12:00pm-1:00pm	CLOSED FOR LUNCH					JUNIOR TEAM KUMITE
1:00pm-4:30pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	JUNIOR & ELITE TEAM KATA (ENDS AT 2:30pm)
4:30pm-5:30pm	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS AGES 3 TO 5	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS AGES 3 TO 5	PRIVATE TRAINING AVAILABLE	
5:30pm-6:30pm	YELLOW & UP AGES 6 TO 9 KATA	WHITE BELTS AGES 6 TO 9 KATA	YELLOW & UP AGES 6 TO 9 KUMITE	WHITE BELTS AGES 6 TO 9 KUMITE	YELLOW & UP AGES 6 TO 9 KIHON	
6:30pm-7:30pm	ORANGE & UP AGES 10 TO 13 KATA	WHITE TO YELLOW AGES 10-13 KATA	ORANGE & UP AGES 10 TO 13 KUMITE	WHITE TO YELLOW AGES 10-13 KUMITE	ORANGE & UP AGES 10 TO 13 KIHON	
7:30pm-8:30pm	ALL LEVELS AGES 14 & UP KATA	ELITE TEAM KATA	ALL LEVELS AGES 14 & UP KUMITE	ELITE TEAM KUMITE	ALL LEVELS AGES 14 & UP KIHON	
8:30pm-9:30pm	ELITE TEAM KUMITE					

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