

# GOSHIN-RYU MARTIAL ARTS & FITNESS STUDIO HARDWOOD FLOOR SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-10:00am						
10:00am - 11:00am	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	ZUMBA
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					PRIVATE TRAINING AVAILABLE
1:00pm-2:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	
2:00pm-3:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	
3:00pm-6:00pm	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	
6:00pm-7:00pm					CAPOEIRA	
6:30pm-7:30pm	TOTAL BODY BLAST	ZUMBA	TOTAL BODY BLAST	ZUMBA		
7:00pm-8:00pm					CARDIO KICKBOXING	
7:30pm-8:30pm	CARDIO KICKBOXING	CAPOEIRA	CARDIO KICKBOXING	CAPOEIRA		

*UPDATED AS OF 9/14/16*

# GOSHIN-RYU MARTIAL ARTS & FITNESS STUDIO MATTED FLOOR SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am-10:00am						
10:00am-11:00am	PRIVATE TRAINING AVAILABLE	ALL LEVELS KATA 14& UP	PRIVATE TRAINING AVAILABLE	ALL LEVELS KUMITE 14& UP	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	<b>CLOSED FOR LUNCH</b>					JR ELITE KUMITE
1:00pm-2:00pm	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	JR ELITE KUMITE
2:00pm-4:30pm	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	AFTER SCHOOL PROGRAM	SR ELITE
4:30pm-5:30pm	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS AGES 3 TO 5	PRIVATE TRAINING AVAILABLE	LITTLE DRAGONS AGES 3 TO 5	JR ELITE	
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	SR ELITE KATA	ALL LEVELS AGES 14 & UP KUMITE	SR ELITE KUMITE	ALL LEVELS AGES 14 & UP KIHON	
8:30pm-9:30pm	SR ELITE KUMITE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	PRIVATE TRAINING AVAILABLE	

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