

Kempo Academy of Martial Arts

Ridgefield, CT - Fall 2010 Schedule

991 Danbury Road Wilton CT. 06897

203.544.2225

Rev 8/05/10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:15-10:00 am Cardio Kickboxing	6:15-7:00 am Cardio Kickboxing	9:30-10:15 am Zumba		7:30-9:00 am Instructors College
9:15-10:00 am Cardio Kickboxing	10:00-5:30 Tiny Tigers		10:15-6:00 Tiny Tigers	9:15-10:00 am Cardio Kickboxing	9:15-10:00 am Cardio Kickboxing
10:00-4:30 Tiny Tigers	5:30-6:15 Preteens	9:15-10:00 am Cardio Kickboxing	5:30-6:15 Preteens		10:00-10:30 Privates
4:30-5:00 Lil Dragons	6:15-7:00 Cardio Kickboxing	10:00-4:30 Tiny Tigers	6:15-7:00 Cardio Kickboxing	BELT RANK TESTING	10:30-11:00 Privates
5:00-5:45 Preteens	7:00-8:00 Adults	4:30-5:00 Lil Dragons	7:00-8:00 Adults		11:00-11:30 Lil Dragons
5:45-6:15 Privates		5:00-5:45 Preteens			11:30-12:15 Preteens
6:15-6:45 Privates		5:45-6:15 Privates			12:15-1:15 Jr. Adults Adults
6:45-7:30 Jr. Adults		6:15-6:45 Privates			1:30-3:00 Birthday Party
		6:45-7:30 Jr. Adults			