

# Kempo Academy of Martial Arts

## Westport, CT - Fall 2010 Schedule

374B Post Rd East Westport CT. 06880 (In back of the Trader Joe's Mall)

(203) 557-0257

Rev 9/14/10

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-10:30 Cardio Kickboxing	9:15-10:15 Cardio Kickboxing	9:30-10:30 Cardio Kickboxing	9:15-10:15 Cardio Kickboxing	9:30-10:30 Beach Work Out thru Oct.	7:45-8:45 Cardio Kickboxing
10:30-1:30 Black Belt Training	10:30-1:30 Black Belt Training	10:30-1:15 Black Belt Training	10:30-12:30 Private Classes		8:45-9:45 am Private Classes
1:30-2:00 Private Classes	1:30-2:00 Private Classes		12:30-3:15 Black Belt Training		9:45-10:45 Privates Classes
2:00-3:00 Westport Parks & Rec Program	2:00-2:30 Private Lessons	1:15-2:15 Private Lessons	3:15 - 4:00 Little Dragons Group Class	11:30—2:30 Private Lessons	10:45-11:30 Little Dragons Group Class
3:30-4:30 Westport After School Program KHS	3:30-4:30 Westport After School Program LLS	3:05-4:05 Westport After School Program GFS	4:00—5:00 Westport Parks & Rec Program	3:10 4:10 Westport After School Pro- gram SES	11:30– 12:15 Preteens Group Class
5:00 - 5:45 Little Dragons Group Class	5:00 5:45 Little Dragons Group Class	4:45 - 5:45 Private Lessons	5:00 - 5:45 Private Lessons	5:00-7:00 Belt Rank Testing 2nd Friday Every Month	12:15-1:00 Jr. Adult Group Class
5:45-6:30 Preteens Group Class	5:45-6:30 Preteens Group Class	5:45 - 6:30 Preteens Group Class	5:45-6:30 Preteens Group Class		1:30-3:00 Private Classes
6:30-7:15 Demo Team	6:30-7:30 Cardio Kickboxing	6:30 - 7:00 Private Lessons	6:30-7:30 Cardio Kickboxing		3:30-5:00 Birthday Party
7:15-8:00 Jr. Adult Group Class	7:30-8:15 Adult Group Class	7:00 –7:45 Jr. Adult Group Class	7:30-8:15 Adult Group Class		