



FORT ERIE LOCATION

Schedule for Sep. 3rd, 2019 to June 26th, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Juniors Class</u> Age 7 to 12 White to Blue Belt 4:30 – 5:15 pm	<u>Kids Class</u> Age 4 to 6 White to Blue Belt 4:30 – 5:15 pm	<u>Juniors Class</u> Age 7 to 12 All Belt 4:30 – 5:15 pm	<u>Kids Class</u> Age 4 to 6 White to Blue Belt 4:30 – 5:15 pm	<u>Kids Class</u> Age 4 to 6 All Belt 4:30 – 5:15 pm	<u>Family Class</u> All Age All Belt 10:30 – 11:15 am
<u>Kids Class</u> Age 4 to 6 White to Blue Belt 5:15 – 6:00 pm	<u>Junior Class</u> Age 7 to 12 White to Blue Belt 5:15 – 6:00 pm	<u>Kids Class</u> Age 4 to 6 White to Blue Belt 5:15 – 6:00 pm	<u>Junior Class</u> Age 7 to 12 White to Blue Belt 5:15 – 6:00 pm	<u>Junior Class</u> Age 7 to 12 All Belt 5:15 – 6:00 pm	<u>Kids & Junior Combo Class</u> Age 4 to 12 All Belt 11:15 – 12:00 pm
<u>Juniors Class</u> Age 7 to 12 Purple to Black Belt 6:00 – 6:45 pm	<u>Juniors Class</u> Age 7 to 12 Purple to Black Stripe Belt 6:00 – 6:45 pm	<u>Kids Sparring</u> Age 4 to 6 Must have Equipment 6:00 – 6:45 pm	<u>Family Class</u> All Age All Belt 6:00 – 6:45 pm	<u>Junior & Teen Black Belt Class</u> Age 7 to 17 Black Belt 6:00 – 6:45 pm	<u>Team Jung's High Performance Black Belt Class</u> 12:00 – 1:30 pm
<u>Teens Class</u> Age 13 to 17 All Belt 6:45 – 7:35 pm	<u>Junior & Teen Black Belt Class</u> Age 7 to 17 Black Belt 6:45 – 7:35 pm	<u>Junior & Teens Sparring Class</u> Age 7 to 17 Must have Equipment 6:45 – 7:35 pm	<u>Juniors Class</u> Age 7 to 12 Purple to Black Belt 6:45 – 7:35 pm	<u>Teens & Adults Combo Class</u> Age 13+ All Belt 6:45 – 7:35 pm	
<u>Adults Class</u> Age 13+ All Belt 7:35 – 8:25 pm	<u>Teens & Adults Combo Class</u> Age 13+ All Belt 7:35 – 8:25 pm	<u>Teens & Adults Sparring Class</u> Age 13+ Must have Equipment 7:35 – 8:25 pm	<u>Teens & Adults Combo Class</u> Age 13+ All Belt 7:35 – 8:25 pm		
	<u>Fitness Kickboxing</u> Ladies only 13 and up 8:30 – 9:20 pm		<u>Fitness Kickboxing</u> Ladies only 13 and up 8:30 – 9:20 pm		

*Your regular membership includes two classes per week, on different days. Attending to two classes in one day is not allowed unless you have upcoming testing or tournament.

*We are closed on statutory holidays. We do not have regular classes on the testing days. Also classes may be cancelled due to weather conditions.

*No reimbursement or extensions are available for absence or vacations.

*Schedule is subject to change without a notice.

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