

# South Riding - Winter 2018 Class Schedule

Schedule effective on 1/2/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>EasyTrial KickStart</b> Please schedule at the Front Desk					5:30 - 6:00 PM	
<b>TopKick Tigers</b> All Belts (4,5,6 years old)	4:55-5:30 PM (1) 5:35-6:10 PM (1)	4:55-5:30 PM (1) 5:35-6:10 PM (1)	4:55-5:30 PM (1) 5:35-6:10 PM (1)	4:55-5:30 PM (1) 5:35-6:10 PM (1)		9:35-10:10 AM (1)
<b>Children</b> No Belt - Gold Stripe (6-12 years old)		4:45-5:30 PM (2)		4:45-5:30 PM (2)		
<b>Children</b> Green - Black Belt (6-12 years old)	4:45-5:30 PM (2)		4:45-5:30 PM (2)			
<b>Family</b> No Belt - Gold Stripe (ages 6 & up)	5:35-6:20 PM (2) 7:15-8:00 PM (1)	5:35-6:20 PM (2) 6:25-7:10 PM (1)	5:35-6:20 PM (2) 7:15-8:00 PM (1)	5:35-6:20 PM (2) 6:25-7:10 PM (1)		8:45-9:30 AM (1)
<b>Family</b> Green-Black Belt (ages 6 & up)	5:35-6:20 PM (2) 6:25-7:10 PM (2) 7:15-8:00 PM (1)	5:35-6:20 PM (2) 6:25-7:10 PM (2)	5:35-6:20 PM (2) 6:25-7:10 PM (2) 7:15-8:00 PM (1)	5:35-6:20 PM (2) 6:25-7:10 PM (2)		10:15-11:00 AM (1)
<b>Adult &amp; Teen</b> All Belts		7:15-8:00 PM (1)		7:15-8:00 PM (1)		
<b>Black Belt Prep</b> Red/Red Stripes & 11th Levels						11:05 AM-12:20 PM (1) Sparring gear required
<b>TKFit Class Types</b>	KICKBOXING	UPPER BODY	KICKBOXING	LOWER BODY	KICKBOXING	TOTAL BODY (Kickboxing @ 7:00 AM)
<b>TKFit Class Times</b> (ages 13 & up)	5:35, 8:15, 9:30 AM 6:30, 7:20, 8:15 PM	5:35 AM 8:15 AM 7:15 PM	5:35, 8:15, 9:30 AM 6:30, 7:20, 8:15 PM	5:35 AM 8:15 AM 7:15 PM	5:35 AM 8:15 AM 7:15 PM	7:00 & 8:00 AM

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Focus Schedule on next page ►

**TOPKICK**