

South Riding - Summer 2018 Class Schedule

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

Visit gotopkick.com for curriculum, schedules, and more!
Focus Schedule on next page ►

TOPKICK