

South Riding - Summer 2018 Class Schedule

Schedule effective on 6/14/18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EasyTrial KickStart Please schedule at the Front Desk					5:00 - 5:30 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 (6-12 years old)		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 (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)
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 AM, 8:15 AM, 6:30 PM, 7:20 PM,	5:35 AM 8:15 AM 7:15 PM	5:35 AM, 8:15 AM, 6:30 PM, 7:20 PM,	5:35 AM 8:15 AM 7:15 PM	5:35 AM 8:15 AM 7:15 PM	7:00 AM & 8:00 AM

Visit gotopkick.com for curriculum, schedules, and more!

Focus Schedule on next page ►

TOPKICK