

South Riding - WINTER 2020 Class Schedule

Schedule effective on 1/1/2020

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TopKick Tigers All Belts (4,5,6 years old)	5:45-6:20 PM (1)	5:45-6:20 PM (1)	5:45-6:20 PM (1)	5:45-6:20 PM (1)	4:30-5:05 PM (1)	8:00-8:35 AM (1)	
Beginners (ages 7 & up) (White-Gold Stripe)	5:35-6:20 PM (2)	4:45-5:30 PM (2)	5:35-6:20 PM (2)	4:45-5:30 PM (2)		8:40-9:25 AM (1)	
Intermediate (ages 7 & up) (Green-Blue Stripe)	4:55-5:40 PM (1)	5:35-6:20 PM (2)	4:55-5:40 PM (1)	5:35-6:20 PM (2)		8:40-9:25 AM (1)	
Advanced (ages 7 & up) (Brown-Red Stripe)	4:55-5:40 PM (1) 6:25-7:10 PM (1)	6:25-7:10 PM (2)	4:55-5:40 PM (1) 6:25-7:10 PM (1)	6:25-7:10 PM (2)		9:30-10:15 AM (1)	
Black Belt (ages 7 & up)	6:25-7:10 PM (1) 7:15-8:00 PM (1)	6:25-7:10 PM (1)	6:25-7:10 PM (1) 7:15-8:00 PM (1)	Leadership Academy 6:25-7:10 PM (1)		9:30-10:15 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					6:30-7:30 PM (1)		
TKFit Class Types	KICKBOXING	STRENGTH	KICKBOXING	STRENGTH	KICKBOXING	STRENGTH 8 AM KICKBOXING 7 AM	KICKBOXING
TKFit Class Times (ages 13 & up)	5:35, 8:15 AM 6:35, 7:30 PM	5:35 AM 8:15 AM 7:20 PM	5:35, 8:15 AM 6:35, 7:30 PM	5:35 AM 8:15 AM 7:20 PM	5:35 AM 8:15 AM 7:15 PM	7:00 & 8:00 AM	8:00 AM

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for this Schedule, Curriculum Videos and more!

Studio Code is 7033278030

TOPKICK

2020 - Curriculum Focus Schedule

Dec 30 - Jan 5	Blocks/Strikes	W Tip	
Jan 6 - Jan 12	Blocks/Strikes	W Tip	
Jan 13 - Jan 19	Kicks/Strikes	B Tip	
Jan 20 - Jan 26	Forms/Foundations		
Jan 27 - Feb 2	Self-Defense	R Tip	
Feb 3 - Feb 9	Forms/Foundation	Bk Tip	
Feb 10 - Feb 16	Review	All Tip	
Feb 17 - Feb 23	Review	All Tip	
Feb 24 - Mar 1	Graduations		BB Test
Mar 2 - Mar 8	Forms/Foundations		
Mar 9 - Mar 15	Kicks/Strikes		
Mar 16 - Mar 22	Blocks/Strikes		
Mar 23 - Mar 29	Self-Defense		
Mar 30 - Apr 5	Blocks/Strikes	W Tip	
Apr 6 - Apr 12	Kicks/Strikes	B Tip	
Apr 13 - Apr 19	Forms/Foundations		
Apr 20 - Apr 26	Self-Defense	R Tip	
Apr 27 - May 3	Forms/Foundations	Bk Tip	
May 4 - May 10	Review	All Tip	
May 11 - May 17	Review	All Tip	
May 18 - May 24	Graduations		BB Test
May 25 - May 31	Forms/Foundations		
Jun 1 - Jun 7	Kicks/Strikes		
Jun 8 - Jun 14	Blocks/Strikes		
Jun 15 - Jun 21	Self-Defense		
Jun 22 - Jun 28	Blocks/Strikes	W Tip	
Jun 29 - Jul 5	Kicks/Strikes	B Tip	
Jul 6 - Jul 12	Forms/Foundations		
Jul 13 - Jul 19	Self-Defense	R Tip	

Jul 20 - Jul 26	Forms/Foundations	Bk Tip	
Jul 27 - Aug 2	Review	All Tip	
Aug 3 - Aug 9	Review	All Tip	
Aug 10 - Aug 16	Review	All Tip	
Aug 17 - Aug 23	Graduations		BB Test
Aug 24 - Aug 30	Forms/Foundations		
Aug 31 - Sep 6	Kicks/Strikes		
Sep 7 - Sep 13	Kicks/Strikes		
Sep 14 - Sep 20	Blocks/Strikes		
Sep 21 - Sep 27	Self-Defense		
Sep 28 - Oct 4	Blocks/Strikes	W Tip	
Oct 5 - Oct 11	Kicks/Strikes	B Tip	
Oct 12 - Oct 18	Forms/Foundations		
Oct 19 - Oct 25	Self-Defense	R Tip	
Oct 26 - Nov 1	Forms/Foundations	Bk Tip	
Nov 2 - Nov 8	Review	All Tip	
Nov 9 - Nov 15	Review	All Tip	
Nov 16 - Nov 22	Graduations		BB Test
Nov 23 - Nov 29	Forms/Foundations		
Nov 30 - Dec 6	Forms/Foundations		
Dec 7 - Dec 13	Kicks/Strikes		
Dec 14 - Dec 20	Blocks/Strikes		
Dec 21 - Dec 27	Closed		
Dec 28 - Jan 3	Blocks/Strikes	W Tip	