



MARTIAL ARTS & WELLNESS CENTER

## Schedule of Classes 2011-2012

**Ages**  
 Tot: 4 - 6  
 Child: 7 - 12  
 Teen: 13 - 15  
 Adult: 16+

Shaolin Kempo Karate ☯ Tai Chi  
 Kickbox Bootcamp ☯ Reiki ☯ Yoga

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Fitness Yoga 9:00 – 10:00 am				8:20 - 9:20 Kickbox Bootcamp
	4:00 – 4:30 Tot Beginner		4:00 – 4:30 Tot Beginner	4:00 – 4:45 Child Beginner		9:30 – 10:00 Tots All Ranks
	4:35 - 5:05 Tot Int/Adv	5:10 - 5:55 Child Advanced	4:35 – 5:05 Tot Int/Adv	4:50 - 5:35 Child Advanced		10:10 – 10:55 Child All Ranks
	5:10 - 5:55 Child Intermediate	6:00 - 6:45 Child Beginner	5:10 - 5:55 Child Intermediate	5:45 – 6:15 Tots All Ranks		11:00 – 12:00 Teen/Adult All Ranks
	6:00 – 6:45 Kickbox Bootcamp	6:45 – 7:30 FITNESS TAI CHI	6:00 – 7:00 Kickbox Bootcamp	6:25 – 6:45 Stripes & Practice		<u>Bring Your Sparring Gear!</u>
	7:00 - 8:00 Teen / Adult All Ranks		7:00 – 8:00 Adult Beg. /Int.	6:45 – 7:45 Teen/ Adult All ranks		12:00 BELT EXAMS

74 Otis St. Westboro, MA 01581 ☯ 508.836.KICK ☯ MetroWestMartialArts.com & FACEBOOK



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