

Youth Wellness Programs

Healing Martial Arts™

See other side for weekly afternoon class schedule.

Pandas	Age 3 (Call us to find out when the next six week session starts. This class typically has a wait list.)
KinderDojo™	Age 4-7
Juniors	Age 8-12
Teens/Adults	

Adaptive PE and Specialized Programs

By appointment only

Adult Wellness Programs

Healing Martial Arts™

For afternoon/evening times, please see other side.

Teen/Adult	Mon 12 PM
Teen/Adult	Wed, Fri at 10:30 AM

Cardio Kickboxing

Mon, Wed, Fri 9:15 - 10:15 AM

Qigong and Tai Chi

Qigong	Mon, 7:30 PM
Tai Chi	Thu, 9:30 AM

Japanese Jiu Jitsu

Tentatively scheduled for Mondays, 6:00-7:30 PM. Please call to confirm next session start date.

Group Class Schedule

September 7, 2010



Healing Martial Arts™ Afternoon

Please see reverse for morning class schedule.

See the schedule online at: hirukocenter.com/calendar

TIME	MON	TUE	WED	THU	FRI	TIME	SAT	
3:30-4:15	3:30-5:30 Private & Semi-Private Lessons By Appointment Only	KD W	JR W, O, Y	KD BK (ONLY)	KD O, Y, G	JR G, P, BL	7:00-8:15 Black Belt Training	
4:15-5:00		KD O, Y, G	KD W		JR R, BR	KD P, BL, BR, R, BK	JR W, O, Y	KD O (ONLY)
5:00-5:45		JR R, BR	KD P, BL, BR, R (NO BK)		KD W	JR R, BR		9:45-10:30 KD W (ONLY)
5:45-6:30	6:00-7:30 Japanese Jiu Jitsu	KD P, BL, BR, R (NO BK)	KD O, Y, G		JR G, P, BL	Special Events	10:30-11:00 PANDAS	
6:30-7:15		JR G, P, BL	JR Mastery Journey Alternating See Note		JR W, O, Y		11:00-11:45 KD Y, G, P	
7:15-8:00	7:30-8:30 Qigong	Teen/Adult ALL LEVELS	Teen/Adult Mastery Journey	Teen/Adult ALL LEVELS	Teen/Adult ALL LEVELS		11:45-12:30 KD BL, BR, R, BK	
						12:30-1:15 JR G, P, BL		
						1:15-2:00 JR W, O, Y		

TO FIND YOUR CLASS, PLEASE PAY CLOSE ATTENTION TO THE BELT COLOR ABBREVIATIONS IN EACH BOX

KD = KinderDojo™ (4-7 Year Olds)

KD Belt progression: White, Orange, Yellow, Green, Purple, BBlue, BRown, Red, Black

Junior (8-12 Year Olds)

JR/Teen/Adult Belt progression: White, Orange, Yellow, Green, Purple, BBlue, BBlue I, BRrown, BRown I, Red, Red I, Red Black, Black

NOTE: MASTERY JOURNEY JUNIOR SCHEDULE

JR G, P, BL Belts will alternate with JR R, Br Belts every other week. JR R, BR Belts will start on Wed, Sep 8th followed by JR G, P, BL Belts on Wed, Sep 15th, and so on.