

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.)
KinderDojo™	Age 4-7
Juniors	Age 8-12
Teens/Adults	

Kids Yoga

Schedule and registration details at StretchPlayYoga.com.

Adaptive PE and Specialized Programs

By appointment only

Adult Wellness Programs

Healing Martial Arts™

For afternoon/evening times, please see other side.

Mon 12 PM

Wed, Fri at 10:30 AM

Cardio Kickboxing

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

Qigong and Tai Chi

Please check inside or HirukoCenter.com for the next upcoming session.

Parent & Me Yoga

Tue 10:45 - 11:15 AM, Kids ages 2.5-3.5 and adult

Basic Adult Yoga "Help, I can't touch my toes"

Thu 9:30 AM

Group Class Schedule

Effective February 1st



Healing Martial Arts™ AFTERNOON

New students: please schedule an Introductory Course prior to attending a group class.

TIME	MON		TUE		WED		THU		FRI	WEEKEND	TIME	SAT	
3:30-4:15	KD Y, G, P	Kids Yoga Ages 3-5	KD W (Only)	JR G, P, BL	JR W, O, Y		KD O (Only)		KD BL, BR, R, BK		8:15-9:00	MASTERY JOURNEY Teen/Adult	Teen/Adult ALL LEVELS
4:15-5:00	JR R, BR	KD BL, BR, R, BK	KD Y, G, P		KD W, O	Kids Yoga Ages 5-7	KD BL, BR, R, BK		KD W (Only)		9:00-9:45	KD O (Only)	
5:00-5:45	JR G, P, BL		KD O (Only)		KD Y, G, P		JR W, O, Y		4:45-5:30 PM JR R, BR		9:45-10:30	KD W (Only)	
5:45-6:30	KD W, O		KD BL, BR, R, BK		MASTERY JOURNEY JR G, P, BL		KD Y, G, P		Pls note: the JR Red & Brown class on Fri starts at 4:45 PM.		10:30-11:00	PANDAS	
6:30-7:15	JR W, O, Y		Teen/Adult ALL LEVELS		MASTERY JOURNEY JR R, BR		JR R, BR				11:00-11:45	KD Y, G, P	Family Yoga Kids 2-10 and Adult
7:15-8:00	Teen/Adult ALL LEVELS				Teen/Adult ALL LEVELS		Teen/Adult ALL LEVELS	Teen/Adult Jpns Jiu Jitsu Blue and Up			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		

FIND YOUR CLASS LEVEL

Graph Color KD = KinderDojo™ (4-7 Year Olds)

- White, Orange Stripe Belt (START with White)
- Yellow, Green, Purple Stripe Belt
- BLue, BRown, Red, BLack Stripe Belt

Graph Color Junior (8-12 Year Olds)

- White, Orange, Yellow Belt (START with White)
- Green, Purple, BLue Belt
- BRown, Red Belt

KD Belt progression: White, Orange, Yellow, Green, Purple, Blue, Brown, Red, Black

JR/Teen/Adult Belt progression: White, Orange, Yellow, Green, Purple, Blue, Blue I, Brown, Brown I, Red, Red I, Red Black, Black