

IMPORTANT REMINDERS for Healing Martial Arts™ Students:

- PLEASE BRING A WATER BOTTLE TO CLASS.

- Mastery Journey Classes alternate between Green/Purple/Blue Belts AND Brown/Red/Black Belts as follows:

Green/Purple/Blue	JAN 7, 21	FEB 4, 18	MAR 3, 17, 31	APR 14, 28	MAY 12, 26	JUN 9, 23
Brown/Red/Black	JAN 14, 28	FEB 11, 25	MAR 10, 24	APR 7, 21	MAY 5, 19	JUN 2, 16, 30

- "Gear Week" (week you need to bring your protective gear to class) is held 1st full week (the 1st falls on a Monday or Tuesday) and 3rd week of the month. Arrive early and put on your gear so it's on at the start of class. Please order your gear at the front desk, and write your name on your gear.

- Please talk to the Master Instructor if you are having difficulties with your schedule. As you move through belts and your schedule changes, we can work through challenges together.

- Please remember that Hiruko often schedules events on Saturday. We highly encourage you to take advantage of all the event opportunities Hiruko has to offer. Events are designed by the instructors to complement and enhance the classroom learning experience. In the weeks when Saturday events are planned, please consider coming to a week day class.

- **Belt Quests** take place during regular class time on the last FRIDAY and last SATURDAY of the month.

KinderDojo (4-7 Yrs Old)	Mon	Tue	Wed	Thu	Fri	Sat
Tigers	2:45 PM					11:00 AM
KD White Beginner Level)		3:30 PM	4:15 PM	5:00 PM		10:15 AM
KD Orange		4:15 PM	4:15 PM	5:00 PM	4:15 PM	
KD Gold		4:15 PM	5:45 PM	3:30 PM	4:15 PM	
KD Green	3:30 PM		5:45 PM	3:30 PM	3:30 PM	
KD Purple	3:30 PM	5:45 PM	5:00 PM		3:30 PM	
KD Blue	3:30 PM	5:45 PM	5:00 PM		3:30 PM	
KD Brown		5:45 PM	5:00 PM	4:15 PM		8:45 AM
KD Red	3:30 PM	5:45 PM		4:15 PM		8:45 AM
KD Black	4:15 PM		3:30 PM	4:15 PM		8:45 AM

Juniors (8-12 Yrs Old)	Mon	Tue	Wed	Thu	Fri	Sat
JR White Beginner Level	4:15 PM		3:30 PM	6:30 PM		9:30 AM
JR Orange	4:15 PM		3:30 PM	6:30 PM		9:30 AM
JR Gold	4:15 PM		3:30 PM	6:30 PM		9:30 AM
JR Green	5:00 PM	6:30 PM		5:45 PM	5:00 PM	
JR Purple	5:00 PM	6:30 PM		5:45 PM	5:00 PM	
JR Blue	5:00 PM	6:30 PM		5:45 PM	5:00 PM	
JR Blue I	5:00 PM	6:30 PM		5:45 PM	5:00 PM	
JR Brown	5:45 PM	5:00 PM	6:30 PM	4:15 PM		
JR Brown I	5:45 PM	5:00 PM	6:30 PM	4:15 PM		
JR Red	5:45 PM	5:00 PM	6:30 PM	4:15 PM		
JR Red I	5:45 PM	5:00 PM	6:30 PM	4:15 PM		
JR Red Black	5:45 PM	5:00 PM	6:30 PM	4:15 PM		
JR Black	6:30 PM	5:00 PM	6:30 PM	4:15 PM		
Teen/Adult All Levels	10:30 AM	7:15 PM	10:30 AM Room A 7:15 PM Room A	7:15 PM	10:30 AM	
Teen/Adult Black	6:30 PM					
All Mastery Journey						11:45 AM

In addition to our Healing Martial Arts™ programs, Hiruko also offers adult wellbeing classes. Please join us!

KickBoxing

In energy packed, sixty minutes classes, the cardio KickBoxing program combines agility, coordination, self-defense, and strengthening for an exceptionally well-rounded, calorie burning, intense and fun workout. Taught by experienced martial arts instructors to ensure correct movement, classes include stretching and meditation for stress reduction and relaxation. Work out at your own pace, and watch your strength improve with every class. Schedule: Mon, Wed, Fri 9:15-10:15 AM

Zumba®

It's a workout and a party! Dance your way into shape with us. Schedule: Sat 9-10 AM

Mindful Meditation

Using Mindfulness Based Stress Reduction (MBSR) principles, this eight week class is an in-depth, intensive training to empower participants to take an active role in the management of their health and wellness through meditation. Prior to the eight week class, you can always find a free introduction. Please call to find out when the next introductory free workshop is taking place and to sign up for the full eight week class. Class is held on Mondays at 7:30 PM.