

# Greenlake Martial Arts School

## 2010 Class Schedule

<u>Day</u>	<u>Class</u>	<u>Class Time</u>
<b>Monday</b>	Youth	4:30 pm – 5:15 pm
	Open Training (front room)	6:00 pm – 7:00 pm
	Grappling (back room)	6:00 pm – 7:00 pm
	Tsun Jo® – All Levels	7:15 pm – 8:15 pm
<b>Tuesday</b>	Youth	4:30 pm – 5:15 pm
	Tsun Jo® – All Levels	6:00 pm – 7:00 pm
	Tsun Jo® – All Levels	7:15 pm – 8:15 pm
<b>Wednesday</b>	Youth	4:30 pm – 5:15 pm
	Tsun Jo® – Advanced	6:00 pm – 7:15 pm
<b>Thursday</b>	Youth	4:30 pm – 5:15 pm
	Tsun Jo® – All Levels	6:00 pm – 7:00 pm
	Chi Sao and Sticking	7:15 pm – 8:15 pm
<b>Friday</b>	Open Training	6:00 pm – 8:00 pm
	Cardio Kickboxing	6:15 pm – 7:00 pm
(The cardio kickboxing class is an informal class – Start times, content and length may vary)		
<b>Saturday</b>	Youth	10:00 am – 10:45 am
	Tsun Jo® – All Levels	11:00 am – 12:00 pm
	Open Training	12:00 pm – 2:00 pm

The school will close Memorial Day Weekend (observed on the last Monday of May), Labor Day Weekend (observed on the first Monday in September), Thanksgiving Weekend (observed on the fourth Thursday of November) and December 24<sup>th</sup> to January 2<sup>nd</sup> for Christmas and New Years.