

# MPK CLASS SCHEDULE



EFFECTIVE MARCH 1, 2013

	MON		TUE	WED	THU	SAT
<b>LITTLE KICKERS</b> (ages 4-7)	5:00-5:30pm	<b>S</b>	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	–
<b>FOCUS</b> (white, gold, orange)	5:30-6:15pm	<b>P</b>	5:30-6:10pm	5:30-6:15pm	5:30-6:15pm	9:45-10:30am
<b>SPIRIT</b> (green, purple, blue)	6:15-7:00pm	<b>A</b>	5:30-6:10pm	7:00-7:45pm	6:15-7:00pm	9:45-10:30am
<b>POWER</b> (red, brown)	7:00-7:45pm	<b>R</b>	5:30-6:10pm	6:15-7:00pm	7:00-7:45pm	9:45-10:30am
<b>BB MASTERS</b>	7:00-8:00pm		5:30-6:10pm	6:15-7:15pm	7:00-8:00pm	10:30-11:30am
<b>LEADERSHIP TEAM</b>	–		6:15-7:00pm	–	–	9:00-9:40am
<b>ADULT SELF-DEFENSE</b>	–		7:00-8:00pm	–	–	–
<b>TOTAL FITNESS TRAINING</b>	–		7:00-8:00pm	–	7:00-8:00pm	8:00-9:00am

■ **PLEASE NOTE: TUESDAY CLASSES** for Little Kickers, Focus, Spirit, Power, and BB Masters **are all SPARRING CLASSES.**

- Please arrive **5 MINUTES EARLY** for the class at your belt level.
- You may attend any class **at or below your rank**. Students only get credit for the class at their belt rank. One stamp per visit.
- Little Kickers = **30 min** | Focus-Spirit-Power & Leadership = **45 min**  
BB Masters, Adult Self-Defense, Total Fitness = **1 hr**
- **OPEN GYM** time will be available when space is available.
- **NO CLASSES ON FRIDAY.**