

Geist Martial Arts Schedule Beginning February 10th, 2011

Kids - Beginners (White - Yellow)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30	4:50	4:45	4:15	6:20	10:00 AM

Kids - (Orange - Senior Green)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:55	4:15	6:10	4:55	5:40	10:40 AM

Kids - (Purple - Senior Blue)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:45	5:25	6:40	6:00	4:35	11:10 AM

Kids - (Brown and above)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:15	6:00	7:10	5:35	5:05	11:10 AM

Adults - All levels (13 and older)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
11:00		10:00 AM			11:45 AM
7:10	7:40		6:40		

Families - All levels - (Kids and Adults)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:25		7:00	

Tiny Tigers - 3's, 4's (30 min)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:25		4:15			9:30 AM

Fitness Kickboxing (Teens and Adults)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00	6:40		7:30		8:30 AM