



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>Aerobic Kickboxing</b> 9:30-10:30am		<b>Aerobic Kickboxing</b> 9:30-10:30am		<b>Aerobic Kickboxing</b> 9:30-10:30am	<b>Open Class</b> 10:00-11:00am All students All ranks
<b>Open Class</b> 6:00-7:00 All students All ranks	<b>Jr. Beginner (7 yrs. and under)</b> 4:45-5:30pm  <b>Jr. Beginner (8 yrs and older)</b> 5:30-6:15pm  <b>Jr. Advanced</b> 6:15-7:15pm  <b>Adult class</b> 7:15-8:15pm	<b>White Belt Class/ Introductory</b> 4:30-5:00pm  <b>Sparring Class</b> 5:30-7:00pm	<b>Little Kickers</b> 4:00-4:45pm  <b>Jr. Beginner (7 yrs. and under)</b> 4:45-5:30pm  <b>Jr. Beginner (8 yrs and older)</b> 5:30-6:15pm  <b>Jr. Advanced</b> 6:15-7:15pm  <b>Adult class</b> 7:15-8:15pm		
<b>Aerobic Kickboxing</b> 7:30-8:30pm		<b>Aerobic Kickboxing</b> 7:30-8:30pm			

◆ Testing is held once each month unless otherwise noted. Location will be announced but is usually at the school. Testing candidates should arrive approximately ½ hour prior to the start time and be prepared to stay until all candidates have been tested. Spectators are welcome and picture-taking is encouraged.

Call 734-459-4183 with questions about scheduled classes.

\* Please note that if Plymouth Area Schools are closed for inclement weather, the studio will also be closed. We will be open for scheduled school breaks and vacations. Please check the monthly calendar or newsletter for changes.