



## JUNIORS

| MONDAY                                    | TUESDAY   | WEDNESDAY                                  | THURSDAY   | FRIDAY  | SATURDAY                                 |
|---|---|--|--|---|--|
|   |   |  |  |   | 9:30 - 10AM<br>FUN & FITNESS<br>2-4yrs   |
|   |   |  |  |   | 10:10 - 10:50AM<br>PANDAS &<br>MONKEYS   |
|   |   |  |  |   | 11 - 11:30AM<br>FAMILY CLASS<br>All Ages |
| 3:30 - 4PM<br>PLAYFUL PANDAS<br>4 - 7 yrs | 3:30PM - 4PM<br>FUN & FITNESS<br>FOR KIDS<br>2 - 4yrs | 3:30PM - 4PM<br>PLAYFUL PANDAS<br>4 - 7yrs | 3:30PM - 4PM<br>PLAYFUL PANDAS<br>4 - 7yrs               | 3:30PM - 4PM<br>FUN & FITNESS<br>FOR KIDS<br>2 - 4yrs |  |
| 4:10 - 4:55PM<br>MIGHTY MONKEYS<br>7+ yrs | 4:10 - 4:40PM<br>PLAYFUL PANDAS<br>4 - 7yrs           | 4:10 - 4:55PM<br>MIGHTY MONKEYS<br>7+ yrs  | 4:10 - 4:55PM<br>MIGHTY MONKEYS<br>7+ yrs                | 4:10PM - 4:40PM<br>PLAYFUL PANDAS<br>4 - 7yrs         |  |
|   | 4:45 - 5:30PM<br>MIGHTY MONKEYS<br>7+ yrs             |  | 4:55PM - 5:30PM<br>INFINITY ELITE<br>TEAM<br>Invite Only | 4:45PM - 5:30PM<br>MIGHTY MONKEYS<br>7+ yrs           |  |

## CLASS DESCRIPTIONS

### FUN & FITNESS 4 KIDS

Taught with a parent helping the child through a circuit of awesome activities designed to improve gross motor skills and serve as an intro to martial arts. Loads of fun and a great class for bonding between parent and child.

### PLAYFUL PANDAS

Play is scientifically proven as the best way for young children to learn. In this class they will learn the same basic skills and techniques as the older children but taught in a more playful way.

### MIGHTY MONKEYS

We want all our members to reach their potential and be mighty! In this age group the kids are taught in a more adult format focusing on discipline, techniques, life strategies and reward for effort.

### INFINITY ELITE SQUAD INVITE ONLY

The highest achievement in our kids program. This is an advanced class, focusing on more advanced techniques and preparation if competing.

### FAMILY CLASS ALL AGES

Covers a fundamental adult technique taught during the week. Great opportunity for kids to train with their parents.