



### JUNIORS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30 - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30 - 4:15PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30 - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	3:30 - 4:00PM <b>PLAYFUL PANDAS</b> 4-7 YEARS	9:00 - 9:30AM <b>FUN &amp; FITNESS 4 KIDS</b> 2-4 YEARS
4:15 - 5:00PM <b>MIGHTY MONKEYS</b> 7-11 YEARS	4:15 - 5:00PM <b>MIGHTY MONKEYS</b> 7-11 YEARS	4:15 - 5:00PM <b>MIGHTY MONKEYS</b> 7-11 YEARS	4:15 - 5:00PM <b>MIGHTY MONKEYS</b> 7-11 YEARS	4:15 - 5:00PM <b>MONKEYS &amp; SHARKS</b> 7-15 YEARS	9:40 - 10:10AM <b>PLAYFUL PANDAS</b> 4-7 YEARS
5:00 - 5:45PM <b>SHARKS</b> 11-15 YEARS	5:00 - 5:45PM <b>STRIKING</b> INVITE ONLY	5:00 - 5:45PM <b>SHARKS</b> 11-15 YEARS	5:00 - 5:45PM <b>STRIKING</b> INVITE ONLY	5:00 - 5:45PM <b>COMP CLASS</b>	10:15 - 11:00AM <b>MONKEYS &amp; SHARKS</b> 7-15 YEARS
	5:45 - 6:30PM <b>SHARKS</b> 11-15 YEARS		5:45 - 6:30PM <b>SHARKS</b> 11-15 YEARS		11:00 - 11:45AM <b>COMP CLASS</b> INVITE ONLY

### CLASS DESCRIPTIONS

**FUN & FITNESS 4 KIDS**

DONE 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 TRAINING. 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 SKILLS AND TECHNIQUES AS OLDER KIDS AND ADULTS, BUT IT IS TAUGHT IN A PLAYFUL MANNER THAT WILL MAKE LEARNING EASIER AND MORE FUN FOR YOUR CHILD. GREAT FOR SELF-CONFIDENCE AND DISCIPLINE!

**MIGHTY MONKEYS**

WE WANT ALL OF OUR MEMBERS TO ACHIEVE TO THEIR FULLEST - THAT IS TO BE MIGHTY! IN THIS AGE GROUP THE KIDS ARE LEARNING IN A MORE ADULT-WAY - THIS BRINGS FOCUS, DISCIPLINE AND REWARD FOR EFFORT TO THE FOREFRONT OF OUR TEACHING STYLE.

**INFINITY ELITE SQUAD**

INVITE-ONLY AND THE HIGHEST HONOUR IN OUR KIDS PROGRAM. THIS IS THE ADVANCED CLASS FOR THE KIDS AND ONE THAT WE HOPE ALL INFINITY MEMBERS ASPIRE TO BE PART OF!

