



JUNIORS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:30 - 4:00PM PLAYFUL PANDAS 4-7 YEARS	3:30 - 4:00PM PLAYFUL PANDAS 4-7 YEARS	3:30 - 4:15PM PLAYFUL PANDAS 4-7 YEARS	3:30 - 4:00PM PLAYFUL PANDAS 4-7 YEARS	3:30 - 4:00PM FUN & FITNESS 4 KIDS 2-4 YEARS	9:00 - 9:30AM FUN & FITNESS 4 KIDS 2-4 YEARS
4:15 - 5:00PM MIGHTY MONKEYS 7+ YEARS	4:15 - 5:00PM MIGHTY MONKEYS 7+ YEARS	4:15 - 5:00PM MIGHTY MONKEYS 7+ YEARS	4:15 - 5:00PM MIGHTY MONKEYS 7+ YEARS	4:00 - 4:30PM PLAYFUL PANDAS 4-7 YEARS	9:40 - 10:10AM PLAYFUL PANDAS 4-7 YEARS
5:00 - 5:45PM ELITE SQUAD INVITE ONLY	5:00 - 5:45PM STRIKING INVITE ONLY	5:00 - 5:45PM ELITE SQUAD NO-GI GRAPPLING	5:00 - 5:45PM STRIKING INVITE ONLY	4:45 - 5:30PM MIGHTY MONKEYS 7+ YEARS	10:15 - 11:00AM MIGHTY MONKEYS 7+ YEARS

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!

