

**A FAMILY THAT KICKS TOGETHER...STICKS TOGETHER**  
**KITCHENER KICKS MARTIAL ARTS CENTRE**

By Master Ron Day      Raising the Standards of Martial Arts  
 50 OTTAWA STREET SOUTH SUITE 111, KITCHENER, ON N2G 3S7      519-741 KICK (5425)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						DRAGON HEARTS	
10:00 AM						KUNG FU / KARATE KIDS NOVICE	
11:00 AM						KUNG FU / KARATE KIDS INTERMEDIATE / ADVANCED	AIKIDO ADULTS (2 <sup>nd</sup> & 4 <sup>th</sup> Sunday of each month)
12:00 PM	KUNG FU / KARATE / ALL BELTS ADULTS		KUNG FU / KARATE / ALL BELTS ADULTS		KUNG FU / KARATE / ALL BELTS ADULTS	KUNG FU / KARATE KIDS BEGINNER	GRADINGS AND SPECIALTY CLASSES
1:00 PM						KUNG FU / KARATE / ALL BELTS ADULTS	
2:00 PM							
3:00PM							
5:00 PM		5:00 PM MINI NINJAS		5:00 PM MINI NINJAS			
5:30 PM	KUNG FU KIDS BEGINNER	KUNG FU KIDS INTERMEDIATE	KARATE / KUNG FU KIDS SPARRING	KUNG FU KIDS NOVICE	DEMONSTRATION / COMPETITION TEAM		
6:30 PM	KUNG FU KIDS NOVICE	KARATE KIDS	KUNG FU KIDS BEGINNER	KUNG FU KIDS INTERMEDIATE	KARATE KIDS & ADULTS		
7:30 PM	KUNG FU KIDS ADVANCED	KARATE ADULTS / AIKIDO ADULTS	KUNG FU / KARATE ADULTS SPARRING	KUNG FU KIDS ADVANCED	CARDIO CLASS / ALL BELTS, ALL STYLES WELCOME		
8:30 PM	NOVICE/INTERMEDIATE KUNG FU ADULTS	ADVANCED KUNG FU ADULTS	NOVICE/INTERMEDIATE KUNG FU ADULTS	ADVANCED KUNG FU ADULTS			

<b>KUNG FU</b>	<b>KARATE</b>	<b>KICKBOXING</b>	<b>AIKIDO</b>	<b>WEAPONRY</b>	<b>SPARRING</b>
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