

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, ONTARIO, N2G 3S7 519-741 KICK (5425)

| TIME       | MONDAY                   | TUESDAY                         | WEDNESDAY                           | THURSDAY                   | FRIDAY                               | SATURDAY                                       | SUNDAY                            |
|------------|--------------------------|---------------------------------|-------------------------------------|----------------------------|--------------------------------------|--|-----------------------------------|
| 9:00 AM    |                          |                                 | <b>SCHEDULE</b>                     |                            |                                      | DRAGON HEARTS                                  |                                   |
| 10:00 AM   |                          |                                 |                                     |                            |                                      | KUNG FU / KARATE KIDS<br>NOVICE / INTERMEDIATE |                                   |
| 11:00 AM   |                          |                                 |                                     |                            |                                      | KUNG FU / KARATE KIDS<br>ADVANCED / ELITE      |                                   |
| 12:00 NOON | ALL BELTS ADULTS         |                                 | ALL BELTS ADULTS                    |                            | ALL BELTS ADULTS                     | KUNG FU / KARATE KIDS<br>BEGINNER              | GRADINGS AND<br>SPECIALTY CLASSES |
| 1:00 PM    |                          |                                 |                                     |                            |                                      | KUNG FU / KARATE<br>ALL BELTS ADULTS           |                                   |
| 2:00 PM    |                          |                                 |                                     |                            |                                      |  |                                   |
| 4:00PM     |                          |                                 |                                     |                            |                                      |  |                                   |
| 5:00 PM    | 5:00 PM<br>MINI NINJAS   | 5:00 PM<br>MINI NINJAS          | 5:00 PM<br>MINI NINJAS              | 5:00 PM<br>MINI NINJAS     |                                      |  |                                   |
| 5:30 PM    | KUNG FU KIDS<br>BEGINNER | KUNG FU KIDS<br>INTERMEDIATE    | KUNG FU KIDS<br>ADVANCED            | KUNG FU KIDS<br>NOVICE     | KARATE KIDS & ADULTS                 |  |                                   |
| 6:30 PM    | KUNG FU KIDS<br>NOVICE   | KARATE KIDS & ADULTS<br>/ IAIDO | KUNG FU KIDS<br>BEGINNER            | KUNG FU KIDS<br>BEGINNER   | KUNG FU KIDS<br>BEGINNER             |  |                                   |
| 7:30 PM    | KUNG FU KIDS<br>ADVANCED | KUNG FU KIDS<br>ELITE           | KUNG FU / KARATE<br>ADULTS SPARRING | KUNG FU KIDS<br>ELITE      | KUNG FU KIDS<br>INTERMEDIATE         |  |                                   |
| 8:30 PM    | NOVICE<br>KUNG FU ADULTS | ADAVANCED KUNG FU<br>ADULTS     | NOVICE<br>KUNG FU ADULTS            | ADVANCED KUNG FU<br>ADULTS | CARDIO CLASS<br>ALL STUDENTS WELCOME |  |                                   |

**KUNG FU**

**KARATE**

**KICKBOXING**

**AIKIDO**

**WEAPONRY**

**SPARRING**

**IAIDO**