

A FAMILY THAT KICKS TOGETHER...STICKS TOGETHER

KITCHENER KICKS MARTIAL ARTS CENTRE

By Master Ron Day

Raising the Standards of Martial Arts

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

KUNG FU

KARATE

KICKBOXING

AIKIDO

WEAPONRY

SPARRING

IAIDO