

# SCHEDULE OF CLASSES

## THE STUDIO Martial Arts & Fitness

8200 Sierra College Blvd., Suite D, Roseville, CA 95661 • (916) 258-KICK (5425) • www.TrainAtTheStudio.com



### SCHEDULE EFFECTIVE JANUARY 13, 2019

		MARTIAL ARTS	FITNESS
<b>MONDAY &amp; WEDNESDAY</b>	<b>9:15am</b>		Fitness Yoga
	<b>3:15pm</b>	Taekwondo Tigers TKD (Ages 3–5)	All Level Fitness
	<b>4:00pm</b>	Super Kids TKD (White–Green)	Cardio Kickbox (ACKC)
	<b>4:45pm</b>	Kids/Teens TKD Black Belt, 2nd Degree & Higher	Kids' Ninja Obstacle Course (Beginners & Black Shirt)
	<b>5:30pm</b>	All Ages TKD (White–Green) <b>NEW!</b>	Kids' Ninja Obstacle Course (Yellow & Up) <b>NEW!</b>
	<b>6:15pm</b>	Family TKD	Power Sculpt Weight Training
	<b>7:00pm</b>		Cardio Kickbox (ACKC)
	<b>7:15pm</b>	BAM/BAD Adult Self Defense & Martial Arts	
<b>TUESDAY &amp; THURSDAY</b>	<b>9:15am</b>		Mini Ninjas (Ages 3-5)
			Cardio Kickbox (ACKC)
	<b>10:00am</b>	BAM/BAD Adult Self Defense & Martial Arts	
	<b>12:00pm</b>		Total Body Workout
	<b>3:15pm</b>	Taekwondo Tigers TKD (Ages 3-5)	
	<b>4:00pm</b>	Super Kids TKD (Purple–Red/Black)	
		Super Tigers (Closed Group TKD)	
	<b>4:45pm</b>	Kids/Teens TKD Black Belt	Kids' Ninja Obstacle Course
	<b>5:30pm</b>	Taekwondo Tigers TKD (Ages 3–5)	Zumba
	<b>6:15pm</b>	Kids All Color Belt/Color Belt Family TKD	Cardio Kickbox (ACKC)
	<b>7:00pm</b>	Teen/Adult TKD Black Belt	
Wise Warriors – Non-Contact Martial Arts			
<b>8:00pm</b>	Sport Poomsae (see separate schedule)	Leadership (1x/month)	
<b>FRIDAY</b>	<b>12:00pm</b>		Challenge Series (\$) (Special Schedule)
	<b>4:15pm</b>	Weapons (\$)	
	<b>4:45pm</b>	All Belt TKD/Family Class	
	<b>5:45pm</b>	Fight Night	
	<b>6:30pm</b>	Focus TKD (\$) (Seasonal)	
		Elite (\$) (Seasonal)	
Self Defense (\$) (1st Friday of Each Month)			
<b>SATURDAY</b>	<b>8:00am</b>		Boot Camp* (\$) (Seasonal)
	<b>9:00am</b>		Spin (Indoor Cycling)*
			Kids' Hip Hop Dance Fitness (\$) (Seasonal)
	<b>10:00am</b>		Cardio Kickbox (ACKC)
			Kids' Ninja Obstacle Course
	<b>11:00am</b>	All Belt TKD/Family Class	
		Leadership Club (1st Saturday of Every Month)	Adult Ninja Obstacle Course (Int/Adv)*
	<b>11:45am</b>		Adult Ninja Obstacle Course (Beginner)*
<b>12:00pm</b>	Black Belt Club (1st Saturday of Every Month)		
<b>SUNDAY</b>	<b>10:00am</b>	Trick Kicks (\$)	Circuit Training

(\$) Fee-based special program, registration required. \* Bring sneakers to every class. Ninja Obstacle Course Open Floor is available for use by appointment. **Personal training and self defense available by appointment.**