



KIDS FITNESS

Spring 2 2015 Session – 6 Weeks

May 11th to June 20th

DIONNE'S KARATE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30	Gymnastics 3-5 yrs Adult Muscle Conditioning	Gymnastics 3-5 yrs Toddler Gym/Sign 1-3 yrs	Tumble Tykes 1-3 yrs Sports/Tumble 3-5 yrs	Tumble Tykes 1-3 yrs Sports/Tumble 3-5 yrs	Tumble Tykes 1-3 yrs Sports/Tumble 3-5 yrs	9:00 Gymnastics 3-5 yrs <i>Brown-Black Belt</i>
10:30	Tumble Tykes 1-3 yrs Open Gym* 1-6 yrs	Tumble Tykes 1-3 yrs Little Dragons 3-4 yrs	Open Gym* 1-6 yrs	Gymnastics 3-5 yrs Grow to Pro 2.9-3.5 yrs	Gymnastics 3-5 yrs Toddler Gym/Sign 1-3 yrs	10:00 Tumble Tykes 1-3 yrs <i>Karate Open Belt</i>
1:00	Combo 3-5 yrs	Grow to Pro 2.9-3.5 yrs	Combo 4-6 yrs	Pre-T Intermediate 4-6 yrs	Little Dragons 3-4 yrs	11:00 Combo 3-5 yrs Little Dragons 3-4 yrs
3:00	Tumble Tykes 1-3 yrs Sports/Tumble 3-5 yrs	Combo 3-5 yrs Little Dragons 3-4 yrs <i>White-Blue Belt</i>	3:00-6:00 After School Program 5-9yrs	Combo 4-6 yrs Little Dragons 3-4 yrs <i>White-Blue Belt</i>	3:00-6:00 After School Program 5-9yrs	Open Gym* Must pre-register parent participation required 4 child minimum in order to run
4:00	Pre-T Beginner 4-6 yrs <i>White-Blue Belt</i>	*3:50 Pre-T Advanced 6 yrs & up <i>Brown-Black Belt</i>	Combo 6-9 yrs <i>White-Blue Belt</i>	Pre-T Beginner 6-9 yrs <i>Brown-Black Belt</i>	<i>Karate Open Belt</i>	*Gymnastics Skills 1:1 Training Available *Karate Introductory Lessons are scheduled by appointment.
5:00	Pre-T Advanced 6 yrs & up <i>Purple-Green Belt</i>	Gymnastics 3-5 yrs <i>White-Blue Belt</i>	Pre-T Advanced 6 yrs & up <i>Purple-Green Belt</i>	Gymnastics 4-6 yrs <i>White-Blue Belt</i>	Pre-T Beginner 6-9 yrs	*Karate Schedule is ongoing and can change without notice