



# LIGHTSPEED MARTIAL ARTS SUMMER SCHEDULE

JUNE 1 - AUGUST 1



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00am - 10:00am Fitness Kickboxing	9:00am - 10:00am Adult/Teen Taekwondo	9:00am - 10:00am Fitness Kickboxing	9:00am - 10:00am Adult/Teen Taekwondo	9:00am - 10:00am Fitness Kickboxing	9:00am - 10:00am Fitness Kickboxing
3:30pm - 4:10pm Basic Skillz	3:30pm - 4:15pm Core Skillz	3:30pm - 4:10pm Basic Skillz	3:30pm - 4:15pm Core Skillz	3:30pm - 4:10pm Basic Skillz	
4:15pm - 5:00pm Core Skillz	4:15pm - 5:00pm Extreme Skillz	4:15pm - 5:00pm Sparring All Levels	4:15pm - 5:00pm Extreme Skillz	4:15pm - 5:00pm All Levels Forms	
5:00pm - 5:45pm Extreme Skillz	5:00pm - 5:30pm Padded Weapons	5:00pm - 5:30pm Weapons	5:00pm - 5:30pm Leadership		
5:45pm - 6:15pm Kicks and Tricks	5:30pm - 6:30pm Adult/Teen Taekwondo	5:30pm - 6:30pm Adult/Teen Sparring	5:30pm - 6:30pm Advanced Adult/Teen Taekwondo		
6:15pm - 7:15pm Adult/Teen Taekwondo	6:30pm - 7:30pm Themed Fitness Kickboxing		6:30pm - 7:30pm Themed Fitness Kickboxing		
7:15pm - 8:15pm Fitness Kickboxing					

**LEGEND**

- BASIC SKILLZ (AGES 4-6)
- CORE SKILLZ (AGES 7-9)
- EXTREME SKILLZ (AGES 10-14)

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