

AKYI MARTIAL ARTS

REVISED SCHEDULE

<u>MONDAY</u> (Forms / Poomsae)	<u>TUESDAY</u> (Forms / Poomsae)	<u>WEDNESDAY</u> (Technique)	<u>THURSDAY</u> (Technique)	<u>FRIDAY</u> (Forms / Technique)
4:00 - 4:45	4:00 – 4:45	4:00 - 4:45	4:00 – 4:45	4:00 – 4:45
5:00 – 5:45	5:00 – 5:45	5:00 – 5:45	5:00 – 5:45	5:00 – 5:45
6:00 – 6:45	6:00 – 6:45	6:00 – 6:45	6:00 – 6:45 (sparring only!)	
	ADULT KICKBOXING 8:00 – 9:00PM		ADULT KICKBOXING 8:00 – 9:00PM	



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