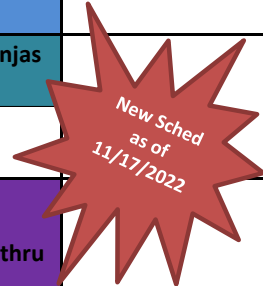




WEST COAST MARTIAL ARTS EL DORADO HILLS

916-933-1973 5007 Windplay #2

Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3:00 30 min	X	X	X	X	X
3:30 30 min	Little Ninjas (White - Green)	X	Little Ninjas (White - Green)	X	X
4:00		Jr. Purple-Blue		Jr. Purple-Blue	
4:15	Jr. White-Green Belts		Jr. White-Green Belts		
4:45		<i>Jr. Brown-Red Belts</i>		Jr. Brown-Red Belts	X
5:00	Little Ninjas (Purple - Black)	Black Belts	Little Ninjas (Purple - Black)	Black Belts	X
					X
5:30 45 min	Black Belts	<i>All Adults and Teens Kickboxing</i>	Black Belts	<i>All Adults and Teens Kickboxing</i>	
6:15	6:15 Jr. Purple thru Blue Belts & All Adults/Teens	6:15 All Little Ninjas (30 Min)	6:15 Jr. Purple thru Blue Belts & All Adults/Teens	6:15 All Little Ninjas (30 Min)	
7:00		7:00 - JR. White thru Green Belts (45 min)		7:00 - JR. White thru Green Belts (45 min)	
7:45 45 min					
7:30 45 min					



BASIC PROGRAM	<i>XPT - Xtreme Performance Team</i>
2-3 Classes per week	<i>Unlimited Classes</i> ★ <i>Unlimited Classes</i> ★ <i>Unlimited Classes</i> ★ <i>Unlimited Classes</i>

* Sparring and Tumbling Classes every 3rd Friday of the Month (\$20 drop in fee for Tumbling)

www.westcoastkickinit.com