A FAMILY THAT KICKS TOGETHER…STICKS TOGETHER

KITCHENER KICKS MARTIAL ARTS CENTRE

By Master Ron Day Raising the Standards of Martial Arts

50 OTTAWA STREET SOUTH SUITE 111, KITCHENER, ON N2G 3S7 519-741 KICK (5425)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00 AM						DRAGON HEARTS	
10:00 AM						KUNG FU / KARATE KIDS ADVANCED	
11:00 PM						KUNG FU / KARATE KIDS INTERMEDIATE	AIKIDO (2nd & 4th Sunday of Each Month)
12:00 PM	KUNG FU / KICKBOXING / KARATE / ALL BELTS ADULTS		KUNG FU / KICKBOXING / KARATE / ALL BELTS ADULTS		KUNG FU / KICKBOXING / KARATE / ALL BELTS ADULTS	KUNG FU / KARATE KIDS NOVICE	ADULTS FREE TIME ALL BELTS ALL PROGRAMS
1:00 PM						KUNG FU / KICKBOXING / KARATE / ALL BELTS ADULTS	
2:00 PM							
3:00PM							
4:00 PM							
5:00 PM	KUNG FU KIDS NOVICE	MINI NINJAS	KUNG FU KIDS INTERMEDIATE	MINI NINJAS	DEMO COMPETITION TEAM		
6:00 PM	KUNG FU KIDS INTERMEDIATE / DRAGON HEARTS	KUNG FU KIDS ADVANCED / KARATE KIDS/ KUNG FU LITE	KUNG FU KIDS NOVICE	KUNG FU KIDS ADVANCED/ KUNG FU LITE	KARATE KIDS		
7:00 PM	KUNG FU ADULTS NOVICE / BO STAFF ADVANCED	AIKIDO ADULTS / KARATE ADULTS/ FITNESS WITH A PURPOSE	KUNG FU - KARATE SPARRING ADULTS	KUNG FU ADULTS NOVICE	KARATE ADULTS/ FITNESS WITH A PURPOSE		
8:00 PM	CARDIO KICKBOXING ADULTS	KUNG FU ADULTS ADVANCED	CARDIO KICKBOXING ADULTS	KUNG FU / KARATE ADULTS ADVANCED	CARIDO KICKBOXING ADULTS		

KUNG FU ***KARATE*** ***KICKBOXING*** ***AIKIDO*** ***WEAPONRY*** ***SPARRING***

www.kitchenerkicks.ca ***info@kitchenerkicks.ca***