



KICKING FOR LIFE

Fall Schedule 2023

Kicking4life.com

Effective August 28th, 2023

720-504-7084

	Mon	Tues	Wed	Thurs	Fri	Sat
Lil Ninjas Ages 3-4		4:45 - 5:15 Master Kellye				9:15am- 9:45am Sensei Tia
Lil Dragons Ages 5-6	4:45 - 5:15 Sensei Tia			4:45 - 5:15 Master Kellye & Sensei Tia		9:15am- 9:45am Sensei Noe
No Belts & White Belts Beginners Ages 7+		5:15-6:00 Master Kellye		5:15-6:00 Master Kellye		10:30am-11:15am Master Kellye
Yellow & Orange Belts Beginners Ages 7+		6:00-6:45 Master Kellye		6:00-6:45 Master Kellye		10:30am-11:15am Master Kellye
Green-Blue Belts Intermediate	5:15-6:00 Shijo		5:15-6:00 Sensei Noe			12:00-12:45pm Master Kellye & Shijo
Red-Black Belts Advanced	5:15-6:00 Master Kellye		7:30-8:15 Shijo			
Sparring Beginner White-Orange belt		6:45-7:30 Master Jarmond		6:45-7:30 Master Jarmond	6:15-7:00 Master Jarmond	
Sparring Intermediate/Advanced	6:45-7:30 Shijo		6:00-6:45 Shijo		6:15-7:00 Master Jarmond	
Leadership			4:45-5:15 Shijo		5:00-5:30 Master Kellye	
Advanced Kicks Blue- Black Belts	6:00-6:45 Master Ramsey					
Demo Team/ Kicknastics			6:45-7:30 (Kicknastics) Master Jarmond		5:30-6:15 Master Kellye & Master Jarmond	
Black Belt Club Only (Forms & Weapons)						11:15am-12:00pm Master Kellye & Shijo
Adults Only (All rank levels)		7:30-8:15 Master Kellye		7:30-8:15 Shijo	7:00-8:00 Master Kellye (Bootcamp)	9:45am-10:30am Master Kellye

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