



SUMMER Schedule 2024

Kicking4life.com

Effective June 17th, 2024

720-504-7084

SUMMER 2024

	Mon	Tues	Wed	Thurs	Fri	Sat	
Lil Ninjas Ages 3-4		4:45- 5:15 Sensei Noe	closed			10:00am-10:30am Sensei Tia	
Lil Dragons Ages 5-6	4:45 - 5:15 Sensei Tia	4:45- 5:15 Master Kellye				10:00am-10:30am Master Kellye	
No Belts-Orange Belts Beginners Ages 7+		5:15-6:00 Sensei Tia & Sensei Noe			5:15-6:00 Master Kellye	10:30am-11:15am Master Kellye	
Green- Blue Belts Intermediate		6:45-7:30 Master Kellye			6:45-7:30 Master Kellye	6:45-7:30 Sensei Noe	
Sparring Beginner White-Orange belt		6:00-6:45 Master Jarmond				6:00-6:45 Master Jarmond	
Sparring Intermediate/Advanced		6:00-6:45 Shijo				6:00-6:45 Shijo	
Leadership	6:15-6:45 Master Kellye						
Advanced Kicks Blue- Black Belts	5:15-6:15 Master Ramsey						
Demo Team/ Kicknastics					6:00-6:45 Master Kellye & Master Jarmond	5:00-6:00 Master Kellye & Master Jarmond	
Adults Only (All rank levels)	6:45-7:30 Master Kellye	6:00-6:45 Master Kellye				6:00-7:00 Master Kellye (Bootvamp)	
Black Belt Club							11:15am-12noon Master Kellye
Red-Black Belts							12noon-1:00pm Master Kellye

All classes will be held at Fred Thomas Park

If the weather is bad (rain, thunderstorms, lightning) classes will be held at **Athletics and Beyond**