



FAMILY KARATE • KICKBOXING • BOOTCAMPs
GROUP FITNESS • PERSONAL TRAINING

995 Airport Rd Destin FL 32541 • 850.797.4434

Schedule effective October 17, 2011

	Monday	Tuesday	Wednesday	Thursday	FUN Friday	Saturday	Words of Wisdom
Tiny Tigers Age: 3-4	3:30pm-4:00pm		3:30pm-4:00pm	3:00pm-3:30pm			*Please arrive 5-10 minutes prior to your class in proper uniform on a clean body and trimmed finger and toe nails.
Lil' Dragons Age: 5-7 All Ranks		3:30pm-4:15pm		3:30pm-4:15pm			*Bow onto the mat, use respect and courtesy by saying "Sir, and Ma'am"
Beginners (White-Orange) Age: 5 and up	4:00pm-4:45pm	5:00pm-5:45pm	4:00pm-4:45pm	5:00pm - 5:45pm			*Place shoes & socks in your gear bag or in the shoe caddy.
Intermediate (Purple - Green) Age: 5 and up	5:00pm-5:45pm	4:15pm-5:00pm	5:00pm-5:45pm		Parents Night Out!!! (see calendar)	Book Your Karate Birthday Party!!!	*Turn in your card at the beginning of class. *Be sure to check the calendar for special events, closings and schedule changes.
Advanced (Brown - Black)	5:00pm-5:45pm	4:15pm-5:00pm 5:45pm-6:45pm BLACK BELT\$ ONLY	5:00pm-5:45pm	4:15pm-5:00pm	Black Belt Club Events!!! (once a month)		*Int/Adv students must have shins guards and sparring boots on BEFORE class on Gear Days.
Leadership Training			5:45pm-6:30pm				*Remember to address ALL black belts by Mr. or Ms. followed by their last name.
S.W.A.T. (Competition/Demo Team)	5:45pm-6:30pm (see calendar)						ASK ABOUT OUR BIRTHDAY PARTIES! *Private lessons start at \$30 per half hour
Kick Boxing	5:45pm-6:45pm		5:45pm-6:45pm				*Please make sure we have an updated email address for you!

Your feedback is important to us! Email Mrs. Hamm at resolutedestin@gmail.com

www.ResoluteMartialArts.com