

Martial Arts Institute of Vacaville

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<http://www.martial-arts-institute-vacaville.biz>

(2008)

SCHEDULE OF CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:30-6:30am Adult/Teen Aikido Open Mat			9:45-11:15am CardioKickbox
					11:30am-12n Taekwondo Tots
4:00-4:45pm Child Taekwondo (beg.)Wh/Ylw/Org	4:00-4:45pm Child Taekwondo (Int.)Green & Above	4:00-4:45pm Child Taekwondo (beg.)Wh/Ylw/Org	4:00-4:45pm Child Taekwondo (Int.)Green & Above	4:00-4:45pm Child Taekwondo Green & Above	12n-1pm Open Mat Check the Calendar
4:45-5:30pm Child Aikido	5:00-5:45pm Child/Adult/Teen Weapons Practice	4:45-5:30pm Child Aikido	5:00-5:45pm Child Taekwondo All Belts	4:45-5:30pm Child Aikido	
5:45-6:30pm Child Taekwondo All Belts	6:00-7:00pm Adult/Teen Taekwondo	5:45pm-6:30pm Child Taekwondo All Belts	5:45-6:30pm Adult/Teen Open Mat & CardioKicbox Workout	5:30-6:30pm Child/Adult/Teen Taekwondo All Belts	
6:30-7:30pm Adult/TeenAikido		6:30-7:30pm Adult/Teen Aikido		6:30-7:30pm Adult/Teen Aikido	
7:30-8:30pm Adult/Teen Taekwondo		7:30-8:30pm Adult/Teen Taekwondo			

- CardioKickbox and Mat Pilates –Thurs. Evening & Sat. Morning – more info is available in the flier rack (Ages 13 & Older)
- Adult/Teen/Child Weapons Practice: For Taekwondo and Aikido Students. (no additional membership fee) See Mr. Penny for more information
- Students must wear shoes to class. You will not be permitted onto the mat if you walk into the dojo/dojhang without shoes.
- Thurs 5:45pm Adult/Teen Taekwondo/Aikido Open Workout... All Adults/Teens are invited to come and work out at your own pace.
- Saturdays are reserved for specialty classes, Open Mat and seminars. See calendar and newsletter for more information.
- Please do not park in the spaces located on the back side of our dojo/dojhang. These spaces are designated for business owners 24 hours a day. You will be asked to move your vehicle
- Please be sure to be on time for class. Students will not be permitted to attend class if more than five minutes late