



## Martial Arts Institute of Vacaville

At Gold's Gym Vacaville

201 Main Street, Vacaville, CA 95688 707-689-7989

www.martial-arts-vacaville.com senseipenny@yahoo.com

Schedule Effective Beginning 11/7/11



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
GROUP X 3:30-4:00 Set up	GROUP X 3:30-4:00 Set up	GROUP X 3:30-3:50 Set up		GROUP X is located Downstairs in the Group Exercise Room  CYCLE RM is located up-stairs via stairs or elevator in the Group Cycling Room.	See the website for specialty class times and testing dates.
GROUP X 4:00-4:30pm Child Specialty All Belts	GROUP X 4:00-4:45pm Child All Belts	GROUP X 3:50-4:20pm Tkdo Tots (3-5 years)			
GROUP X 4:30-5:15pm Child Tkdo All Belts		GROUP X 4:30-5:30pm Child/Teen All Belts			
	CYCLE RM. 5:30-6:15pm Child All Belts		CYCLE RM. 5:30-6:15pm Child All Belts		
CYCLE RM. 7:10-8:00pm Adult/Teen Adv. Child (Family)	GROUP X 7:30-8:30pm Teens/Adults All Belts		GROUP X 7:30-8:30pm Teens/Adults All Belts		

- Please arrive on time or early for class. Students will not be permitted to attend class if more than five minutes late but are encouraged to sit and watch.
- Please be sure that we have your correct email address in order to send communication.
- Please call/text/email if you have any questions.
- Please be sure to wear appropriate uniform pieces, including white top or official MAIV t-shirt—t-shirts can be purchased online from the maiv website.
- Please be sure to pull your attendance card before or after class.

\$45 per month—Gold's Gym Member  
 \$55 per month—Non-Gym Member  
 \$25 per month—Tots Class (ages 3-5 years)  
 Six Week Special, Including Uniform—Only \$89 (ages 5 & older)