

# GRAY WOLF *KYOKUSHIN* MARTIAL ARTS

**SUMMER 2010**

## CLASS SCHEDULE

<b>SUNDAY</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>NO CLASSES</b>	<b>4:00 – 5:00</b> Requirements Class	<b>NO CLASSES</b>	<b>6:00 – 7:00</b> Self Defense	<b>4:00 – 5:00</b> FITNESS CLASS	<b>NO CLASSES</b>	<b>9:00 – 9:45 AM</b> YOUNG LIONS
	<b>5:00 – 6:00</b> FITNESS CLASS		<b>7:00 – 8:00</b> PM OPEN CLASS	<b>5:00 – 6:00</b> Requirements Class		<b>9:45 – 10:30 AM</b> OPEN CLASS
	<b>6:00 – 7:00</b> PM KATA CLASS			<b>6:00 – 7:00</b> PM WHITE – YELLOW BELT CLASS		<b>10:30 – 11:15</b> WEAPONS CLASS
	<b>7:00 - 8:00</b> PM FIGHTING/ SPARRING/ CLICKER CLASS			<b>7:00 – 8:00</b> PM GREEN – BLACK BELT CLASS		<b>11:15 – 12:00</b> BLACK BELT CLASS

[www.GrayWolfMartialArts.com](http://www.GrayWolfMartialArts.com)