

John Ozuna's **K.O. KUNG FU KARATE**
2010 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Open 10:00 - 11:00 a.m.		Open 10:00 - 11:00 a.m.		Open 10:30 - 11:30 a.m.	Cardio Kickboxing 10:00 - 11:00 a.m.
					Sport Kickboxing 11:30 - 12:30 p.m.	Open 11:00 - 12:00 p.m.
Kids 5:15 - 6:00 p.m.	Mighty Mights 5:15 - 6:00 p.m.	Kids 5:15 - 6:00 p.m.	Mighty Mights 5:15 - 6:00 p.m.	Kids Sparring 5:15 - 6:00 p.m.		Adult 12:00 - 1:00 p.m.
Beginner 6:00 - 7:00 p.m.	Beg/Int 6:00 - 7:00 p.m.	Beginner 6:00 - 7:00 p.m.	Beg/Int 6:00 - 7:00 p.m.	* Jr. Training 6:00 - 7:00 p.m.		
Intermediate 7:00 - 8:00 p.m.	Adult 7:00 - 8:00 p.m.	Intermediate 7:00 - 8:00 p.m.	Adult 7:00 - 8:00 p.m.			
Cardio Kickboxing 7:00 - 8:00 p.m.	Sport Kickboxing 7:00 - 8:00 p.m.	Cardio Kickboxing 7:00 - 8:00 p.m.	Sport Kickboxing 7:00 - 8:00 p.m.	Cardio Kickboxing 7:00 - 8:00 p.m.		
Advanced 8:00 - 9:00 p.m.	Open 8:00 - 9:00 p.m.	Advanced 8:00 - 9:00 p.m.	*Instructor Training 7:00 - 10:00 p.m.	Open 8:00 - 9:00 p.m.		

Class Descriptions

MIGHTY MIGHTS	Children 6 years and younger. Open to all ranks.
KIDS	Children 12 years and younger. Open to all ranks.
ADULT	Ages 16 and older. Open to all ranks.
BEGINNER	Open to all ages. White, Yellow, Orange & Adv. Orange belts
INTERMEDIATE	Open to all ages. Purple, Adv. Purple & Blue belts.
ADVANCED	Open to all ages. Green & Brown belts.
OPEN	Open to all ages and all ranks.
SPORT KICKBOXING	Ages 15 and over. Students are taught Kickboxing/Grappling skills.
CARDIO KICKBOXING	Non-Contact Kickboxing basics, Great Workout!
KIDS SPARRING	Ages 14 and younger. Students are taught kickboxing basics.
JR. INSTRUCTOR TRAINING	* By invitation only.
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