



Family Training Center

21 Zaca Lane, Ste #100
San Luis Obispo, CA 93401
(805) 471-3418

CLASS SCHEDULE (As of February, 2010)

MONDAY/WEDNESDAY

| | | |
|------------------|-------|----------------------|
| 4:00 – 4:30 p.m. | Child | 4-5-6 Year Old |
| 4:30 – 5:15 p.m. | Child | White - Orange |
| 5:15 – 6:00 p.m. | Child | Purple/White – Green |
| 6:00 – 6:45 p.m. | Child | Green Bl. – Blue/Bl |
| 6:45 – 7:45 p.m. | Adult | Blue/Wh. and Above* |

TUESDAY/THURSDAY

| | | |
|------------------|-------|----------------------|
| 4:00 – 4:45 p.m. | Child | Purp/White – Green |
| 4:45 – 5:30 p.m. | Child | Green Bl. – Blue/Bl. |
| 5:30 – 6:00 p.m. | Child | 4-5-6 Year Old |
| 6:00 – 6:45 p.m. | Child | White – Orange |
| 6:45 – 7:30 p.m. | Adult | White – Green/Bl. |

FRIDAY

| | | |
|------------------|------|---------------------------------|
| 4:00 – 5:00 p.m. | Open | Team Xtreme Karate |
| 5:30 – 7:00 p.m. | Open | Team Ichiban <i>Coming Soon</i> |

SATURDAY (Bonus Day)

| | | |
|-------------------|-------|----------------------|
| 8:30 – 9:15 a.m. | Adult | Open |
| 9:30 – 10:00 a.m. | Child | 4-5-6 Year Olds |
| 10:15 – 11:00a.m. | Child | Open |
| 11:15 – 12:15p.m. | Open | Kickbox-Conditioning |

SEE WWW.US-AMA.COM
FOR SCHEDULE UPDATES & SPECIAL EVENTS

Private Lessons are scheduled on an individual basis

PEEWEE CHAMPS: Ages 4 – 5 – 6
CHILDREN: Ages 7 to 13
ADULTS: 14 and older