



## Family Training Centers

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

# CLASS SCHEDULE

(As of July, 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	Purp/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

5:30 – 7:00 p.m.	Open	Team Ichiban <i>Coming Soon</i>
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### 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](http://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