



Family Training Centers

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

CLASS SCHEDULE

(As of April 28th 2008)

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 – Purp.
6:00 – 6:45 p.m.	Child	Green Wh. – Blue/Bl
6:45 – 7:45 p.m.	Adult	Blue/Wh. and Above*

TUESDAY/THURSDAY

4:00 – 4:45 p.m.	Child	Purp/White – Purple
4:45 – 5:30 p.m.	Child	Green Wh. – 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.

SATURDAY (Bonus Day)

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.USKSSLO.COM FOR SCHEDULE
UPDATES & SPECIAL EVENTS

* 1st Monday of each month Green Belt Adults are
invited to train with the Advanced Adult Class

Private Lessons are scheduled on an individual basis

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