



MARTIAL ARTS & WELLNESS CENTER

Shaolin Kempo Karate ☯ Tai Chi  
Fitness Kickbox ☯ Reiki ☯ Yoga

## Schedule of Classes January 2008

**Ages**  
Tot: 4 - 6  
Child: 7 - 12  
Teen: 13 - 15  
Adult: 16+

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Tai Chi</b>  <b>Push Hands</b>  <b>Qi Gong</b> <i>w/ Jay Van Schelt (Monthly)</i>  <b>Reiki</b> <i>w/ Lisa by Appointment</i>	4:00 – 4:30 Tot Beginner	9:15 – 10:15 <i>Fitness</i> <i>Kickbox w/Kathi</i>	<i>Total Fitness Yoga</i> <i>Level 1</i> 9:30-10:30 w/AI	9:15 – 10:15 <i>Fitness</i> <i>Kickbox w/Kathi</i>	<b>Black Belt Club</b> <b>Class</b>  &  <b>Black Belt</b> <b>Workouts</b>  <b>TO BE POSTED</b>	8:20 - 9:20 <i>Fitness</i> <i>Kickbox w/Carl</i>
	4:35 - 5:05 Tot Int/Adv		4:00 – 4:30 Tot Beginner	4:00 – 4:45 Child Beginner		9:30 –10:00 Tots All Ranks
	5:10 - 5:55 Child Intermediate		4:35 – 5:05 Tot Int/Adv	4:50 - 5:35 Child Advanced		10:10 – 10:55 Child All Ranks
	6:00 – 7:00 <i>Fitness</i> <i>Kickbox w/Carl</i>	5:10 - 5:55 Child Advanced	5:10 - 5:55 Child Intermediate	5:45 – 6:15 Tots All Ranks		11:00 – 11:45 Teen All Ranks
	7:15 - 8:15 Teen / Adult All Ranks	6:00 - 6:45 Child Beginner	6:00 - 6:45 <i>Fitness</i> <i>Kickbox w/AI</i>	6:25 – 7:25 Teen /Adult All Ranks		11:45 – 12:45 Adult All Ranks
		7:00 – 8:00 <b>FITNESS</b> <b>TAI CHI w/Lisa</b>	6:50-7:50 Teen / Adult All Ranks	7:25-8:10 Black Belt Club TO BE POSTED		<u><i>Bring Your Sparring Gear!</i></u>

180 Turnpike Rd. Westboro, MA 01581 ☯ 508.836.KICK ☯ MetroWestMartialArts.com



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