

SCHEDULE OF CLASSES

THE STUDIO Martial Arts & Fitness

8200 Sierra College Blvd., Suite D, Roseville, CA 95661 • (916) 258-KICK (5425) • www.TrainAtTheStudio.com



SCHEDULE EFFECTIVE APRIL 1, 2019

		MARTIAL ARTS	FITNESS
MONDAY & WEDNESDAY	9:15am		Fitness Yoga
	3:15pm	Taekwondo Tigers TKD (Ages 3–5)	All Level Fitness
	4:00pm	Super Kids TKD (White–Green)	Cardio Kickbox (ACKC)
	4:45pm	Kids/Teens TKD Black Belt, 2nd Degree & Higher	Kids' Ninja Obstacle Course (Beginners & Black Shirt)
	5:30pm	All Ages TKD (White–Green) NEW!	Kids' Ninja Obstacle Course (Yellow & Up)
	6:15pm	Family TKD	Power Sculpt Weight Training
	7:00pm		Cardio Kickbox (ACKC)
	7:15pm	BAM/BAD Adult Self Defense & Martial Arts	
WED ONLY	7:45pm		Teen/Adult Ninja (All Levels) NEW!
TUESDAY & THURSDAY	9:15am		Mini Ninjas (Ages 3-5)
			Cardio Kickbox (ACKC)
	10:00am	BAM/BAD Adult Self Defense & Martial Arts	
	11:00am		Daytime Ninja (Ages 6 to Adult) (\$) NEW!
	12:00pm		Total Body Workout
	3:15pm	Taekwondo Tigers TKD (Ages 3-5)	
	4:00pm	Super Kids TKD (Purple–Red/Black)	
		Super Tigers (Closed Group TKD)	
	4:45pm	Kids/Teens TKD Black Belt	Kids' Ninja Obstacle Course
	5:30pm	Taekwondo Tigers TKD (Ages 3–5)	Zumba
	6:15pm	Kids All Color Belt/Color Belt Family TKD	Cardio Kickbox (ACKC)
	7:00pm	Teen/Adult TKD Black Belt	
Wise Warriors – Non-Contact Martial Arts			
8:00pm	Sport Poomsae (see separate schedule)	Leadership (1x/month)	
FRIDAY	4:15pm	Weapons (\$)	
	4:45pm	All Belt TKD/Family Class	
	5:45pm	Fight Night	
	6:00pm		Ninja Night Open Gym\$(Ages 8 to Adult) NEW!
	6:30pm	Focus TKD \$(Seasonal)/ Elite (\$) (Seasonal)	
Self Defense (\$) (1st Friday of Each Month)			
SATURDAY	8:00am		Boot Camp* (\$) (Seasonal)
	9:00am		Spin (Indoor Cycling)*
	10:00am		Cardio Kickbox (ACKC)
			Kids' Ninja Obstacle Course
	11:00am	All Belt TKD/Family Class	Adult Ninja Obstacle Course (Int/Adv)*
		Leadership Club (1st Saturday of Every Month)	
	11:45am		Adult Ninja Obstacle Course (Beginner)*
12:00pm	Black Belt Club (1st Saturday of Every Month)		
SUNDAY	10:00am	Trick Kicks (\$)	Circuit Training

(\$) Fee-based special program, registration required. * Bring sneakers to every class. Ninja Obstacle Course Open Floor is available for use by appointment. **Personal training and self defense available by appointment.**