



SUNRISE CLASS SCHEDULE

Effective 11/1/2011

4317 N. Pine Island Road, Sunrise, FL 33351

954-572-7970

EVOLUTION MARTIAL ARTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	<ul style="list-style-type: none"> ✓ PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME ✓ REMAIN IN PROPER WARM UP AREA ✓ NEVER DISTURB CLASS IN SESSION ✓ QUIETLY STRETCH AND PREPARE FOR CLASS ✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS ✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR ✓ CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST ✓ KARATE T SHIRTS CAN BE WORN ON T SHIRT DAYS ✓ ALL GUESTS SHOULD REMAIN IN SEATING AREA ✓ ALL SHOES SHOULD BE PLACED IN SHOE RACK ✓ CHILDREN MUST REMAIN IN DESIGNATED AREAS
KINDERKICKERS Ages 4-6	3:30	5:30	3:30	5:30	J O U R N E Y 4:00	10:00	
KIDS' BEGINNERS Ages 7-11	4:00	6:00	5:20	4:10		10:30	
KIDS' GOLD/ORANGE Ages 7-11	6:00	3:30	4:40	6:00		10:30	
KIDS' GREEN/PURPLE	4:40	4:10	6:00	4:50	4:30	10:30	
KIDS' BLUE/ADVANCED	5:20	4:50	4:00	3:30		SPARRING 11:30	
BROWN/ADV.	6:40		6:40		CHAMPS 5:45	WEAPONS 12:15	
BLACK BELT	6:40		6:40		BLACK STRIPE/BLACK 6:15	1:00	
TEENS/ADULTS	7:15	7:15	7:15	7:15		SPARRING 11:30	
		GRAPPLING 6:40		GRAPPLING 6:40	EXTREME 5:00		