



CARLOS L. DES JARDIN'S MARTIAL ARTS & FITNESS
"YOUR SUCCESS IS OUR GOAL!!"

KIDS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
x	5:15-5:45pm LITTLE DRAGONS	x	5:15-5:45pm LITTLE DRAGONS	5:45-6:00pm Weapons Advance Students	9:00-9:45am FITNESS BOOT CAMP
x	6:00-6:45pm White – Blue BEG./INTER	x	6:00-6:45pm White – Blue BEG./INTER	6:00-6:30pm Curriculum/ Black Belt Test-Prep Advance Students	10:00-10:45 MAKE-UP CLASS OPEN TO ALL STUDENTS
COMING SOON! 6:30-7:15pm White - Yellow BEGINNERS	7:00-7:45pm Brown-Black ADVANCE	COMING SOON! 6:30-7:15pm White - Yellow BEGINNERS	7:00-7:45pm Brown-Black ADVANCE	x	x

ADULTS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15pm FITNESS BOOT CAMP	8:00-8:45pm ADULT TAEKWONDO	7:30-8:15pm FITNESS BOOT CAMP	8:00-8:45pm ADULT TAEKWONDO	5:45-6:00pm Weapons Advance Students	10:00am MAKE-UP CLASS Open to All Students
				6:00-6:30pm Curriculum	

- Please arrive 5 minutes prior to your class time. (to early is non productive)
- While in the lobby area, please do not disturb classes in progress.
- Wear a complete and approved uniform.
- Leave personal belongings with parent or at home (no jewelry should be worn on the mat)
- Always come to class with an open mind and a positive attitude
- Students may take 2 classes per week (if you miss one, make –up is Saturday)
- Notify staff if you will be missing any classes for an extended period of time.
- ONLY STUDENTS TRAINING SHOULD BE ON THE WORKOUT FLOOR.

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30 LEWIS ST. EATONTOWN, NJ 07724 – 732.610.4300

www.iLoveKicking.com