

# KICK'N FX

WITH STEVE CHAPUT  
 (YOUR FAMILY MARTIAL ARTS CENTRE)  
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	CLASS DESCRIPTIONS
4:50-5:40 PM JUNIOR CHAMPS NOVICE	4:50-5:30 PM LITTLE CHAMPS AND LITTLE STARS	4:50-5:40 PM JUNIOR CHAMPS NOVICE	4:50-5:30 PM LITTLE CHAMPS AND LITTLE STARS	4:50-5:30 PM LITTLE CHAMPS AND LITTLE STARS	8:50-9:30 AM LITTLE CHAMPS AND LITTLE STARS	<b>LITTLE CHAMPS</b> (4-6 YEARS) WHITE - HALF ORANGE
5:50-6:40 PM JUNIOR STARS INTERMEDIATE	5:40-6:30 PM JUNIOR STARS <u>INTERMEDIATE</u> 5:40-6:30 JUNIOR BLACK	5:50-6:40 PM JUNIOR STARS INTERMEDIATE	5:40-6:30 PM JUNIOR LEADERS <u>ADVANCED</u> 5:40-6:30 JUNIOR CHAMPS	5:40-6:30 PM JUNIOR BLACK BELT	9:40-10:30 AM JUNIOR CHAMPS NOVICE	<b>LITTLE STARS</b> (4-6YEARS) ORANGE BELT - ADV PURPLE  <b>JUNIOR CHAMPS NOVICE</b> (7-13YEARS) WHITE - PURPLE
6:50-7:40 PM JUNIOR LEADERS ADVANCED AND JUNIOR BLACK	6:45-7:30 PM LTS( week #1 + #2 ) GOLD (week #3 + #4 ) of the month	6:50:7:40 PM JUNIOR LEADERS ADVANCED AND JUNIOR BLACK	6:40-7:30 PM ADULT BLACK BELT		10:40-11:30 AM JUNIOR STARS INTERMEDIATE	<b>JUNIOR STARS INTERMEDIATE</b> (7-13YEARS) ADV PURPLE - GREEN
7:45-8:45 PM TEEN/ADULT ALL LEVELS	7:45-8:45 PM TEEN/ADULT ALL LEVELS	7:45-8:45 PM TEEN/ADULTS ALL LEVELS	7:45-8:45 PM TEEN/ADULT ALL LEVELS		10:40-1130 AM JUNIOR LEADERS ADVANCED	<b>JUNIOR LEADERS ADVANCED</b> (7-13YEARS) ADV GREEN - ADV BROWN
					11:30 AM-12:00 PM (except the last Saturday Monthly) SPARRING CLASS FULL SAFETY GEAR	<b>JUNIOR BLACK BELTS (JBB)</b> ( UP TO AGE 13-14YEARS)  <b>TEEN / ADULT</b> AGES 14 YRS+ NOVICE WHITE - RED BELT  <b>TEEN / ADULT</b> AGES 14 YRS+ INTERMEDIATE / ADVANCED ADV RED - ADV BROWN  <b>TEEN / ADULT</b> AGES 14 YRS BLACK BELT CLASS  <b>L.I.T. TEAM</b> INSTRUCTORS TRAINING  <b>G.O.L.D TEAM</b> GUIDANCE ON DEVELOPMENT LEADERSHIP ( AGES 11YRS AND UP)

\*\*\* CLASS ATTENDANCE FOR GROUPS \*\*\*

LITTLE CHAMPS AND LITTLE STARS MAY ATTEND 2 CLASSES OF YOUR CHOICE  
 JUNIORS AND TEEN / ADULT GROUPS MAY ATTEND 3 CLASSES OF YOUR CHOICE  
 GOLD TEAM AND LEADER TEAM UNLIMITED CLASS ATTENDANCE

SPARRING DOES NOT COUNT AS ONE OF YOUR AVAILABLE CLASSES TO ATTEND  
 ( BUT YOU MUST HAVE FULL SAFETY GEAR - SEE SENSEI FOR SAFETY GEAR )