



**North Windham CT  
(860)456-8020**

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| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   |
|--|---|--|--|--|--|
|  | Adult <b>Open</b><br>12:30 – 1:30                 |  |  |  | <i>Fitness Kickboxing</i><br>8:30 – 9:15                                 |
| <b>Personal Training</b><br>3:45 – 4:15                  | <b>Little Dragons</b><br>3:30 – 4:00              | <b>Personal Training</b><br>3:45 – 4:15                  | <b>Little Dragons</b><br>3:30 – 4:00             |  | Adult <b>Open</b><br>9:00 – 10:00  |
| Junior<br>Advanced<br>4:15 – 5:00                        | Tot Beginner<br>4:10 – 4:55                       | Junior<br>Intermediate<br>4:15 – 5:00                    | Tot Beginner<br>4:10 – 4:55                      | <b>Personal Training</b><br>4:00 – 4:30        | White – Purple<br><b>Open</b><br>10:00 – 10:45                           |
| Junior<br>Intermediate<br>5:00 – 5:45                    | Junior<br>Beginner<br>5:00 – 5:45                 | <b>Personal Training</b><br>5:00 – 5:30                  | Junior<br>Beginner<br>5:00 – 5:45                | White – Purple<br><b>Open</b><br>4:30 – 5:15   | Blue – Green/St<br><b>Open</b><br>10:45 – 11:30                          |
| B.B. Candidates &<br>Beginner Black Belts<br>5:45 – 6:30 | <b>Personal Training</b><br>5:45 – 6:15           | Junior<br>Advanced<br>5:30 – 6:15                        | Teen <b>Open</b><br>5:45 – 6:30                  | Blue – Green<br><b>Open</b><br>5:15 – 6:00     | <b>**Black Belt Club<br/>Turbo Training<br/>Session</b><br>11:30 – 12:00 |
| <b>Personal Training</b><br>6:30 – 7:00                  | Advanced<br>Black Belts<br>6:15 – 7:00            | <b>Personal Training</b><br>6:15 – 6:45                  | <b>Personal Training</b><br>6:30 – 7:00          | <b>Special Events</b><br>6:00 – 6:45<br>*TBA   | <b>Personal Training</b><br>12:00 – 12:30                                |
| <i>Fitness Kickboxing</i><br>7:00 – 7:45                 | Teen <b>Open</b><br>7:00 – 7:45                   | B.B. Candidates &<br>Beginner Black Belts<br>6:45 – 7:30 | Advanced<br>Black Belts<br>7:00 – 7:45           | Green/St - Black<br><b>Open</b><br>6:45 – 7:30 | Brown & Black Belt<br><b>Open</b><br>12:30 – 1:30                        |
| Adult <b>Open</b><br>7:30 – 8:30                         | <b>Adult<br/>Personal Training</b><br>7:45 – 8:15 | <b>Traditional<br/>Training Class</b><br>7:30 – 8:15     | Adult <b>Open</b><br>7:45 – 8:45                 | <b>Personal Training</b><br>7:30 – 8:00        | <b>Personal Training</b><br>1:30 – 2:00                                  |
| <b>CORE</b><br>8:45 – 9:30                               | Adult<br>Black Belt<br>8:15 – 9:15                | <b>**Adult BBC</b><br>8:15 – 9:00                        | Adult<br><b>Personal Training</b><br>8:45 – 9:15 |  | <b>**BBC Weapons</b><br>TBA  |

**Class Schedule Fall/Winter 2011-2012**

**\*\* TBA Check Website**

Age Key: Tot Beginner 4-5 yrs Junior Beginner 6-11 yrs Teen 11-16 yrs Open Classes 4-14 yrs Adult 17yrs - up