



# KAIZEN



## MARTIAL ARTS ACADEMY

| <b>CLASS</b>   | <b>LENGTH</b>                  | <b>PRGM</b>                       | <b>MON</b>  | <b>TUE</b>  | <b>WED</b>  | <b>THUR</b> | <b>FRI</b>  | <b>SAT</b>   |
|--|--------------------------------|-----------------------------------|-------------|-------------|-------------|-------------|-------------|--------------|
| <b>FUSION</b><br><i>(4-6 YRS)</i>                          | <b>30 MIN</b>                  | <b>BASIC</b>                      | <b>3:30</b> | <b>4:00</b> | <b>3:30</b> | <b>4:00</b> | <b>x</b>    | <b>x</b>     |
| <b>KIDS BEGINNER</b><br><i>AGES: 7-12</i>                  | <b>45 MIN</b>                  | <b>BASIC</b>                      | <b>4:00</b> | <b>4:30</b> | <b>4:00</b> | <b>4:30</b> | <b>5:30</b> | <b>x</b>     |
| <b>TEEN/ADULT BEGINNER</b><br><i>AGES: 13 &amp; UP</i>     | <b>45 MIN</b>                  | <b>BASIC</b>                      | <b>6:30</b> | <b>7:00</b> | <b>6:30</b> | <b>7:00</b> | <b>5:30</b> | <b>x</b>     |
| <b>KIDS INTERMEDIATE</b><br><i>AGES: 7-12</i>              | <b>45 MIN</b>                  | <b>B.B.T.</b><br><b>ELITE</b>     | <b>4:45</b> | <b>5:45</b> | <b>4:45</b> | <b>5:45</b> | <b>6:30</b> | <b>x</b>     |
| <b>TEEN/ADULT INTERMEDIATE</b><br><i>AGES: 13 &amp; UP</i> | <b>45 MIN</b>                  | <b>B.B.T.</b><br><b>ELITE</b>     | <b>7:15</b> | <b>7:00</b> | <b>7:15</b> | <b>7:00</b> | <b>6:30</b> | <b>x</b>     |
| <b>ACRO/TRICKS</b><br><i>10&amp;UP-YOUNGER BY AUDITION</i> | <b>30 MIN</b>                  | <b>ELITE</b><br><b>KMA CARD</b>   | <b>5:30</b> | <b>x</b>    | <b>5:30</b> | <b>x</b>    | <b>x</b>    | <b>x</b>     |
| <b>CAGE FITNESS KIDS</b><br><i>AGES: 7-12</i>              | <b>30 MIN</b>                  | <b>FITNESS</b><br><b>KMA CARD</b> | <b>x</b>    | <b>5:15</b> | <b>x</b>    | <b>5:15</b> | <b>x</b>    | <b>9:30</b>  |
| <b>CAGE FITNESS</b><br><i>AGES: 13 &amp; UP</i>            | <b>30 MIN</b>                  | <b>FITNESS</b><br><b>KMA CARD</b> | <b>6:00</b> | <b>6:30</b> | <b>6:00</b> | <b>6:30</b> | <b>x</b>    | <b>9:30</b>  |
| <b>DEMO TEAM</b><br><i>AUDITION REQUIRED</i>               | <b>FRI-90</b><br><b>SAT-60</b> | <b>ELITE</b>                      | <b>x</b>    | <b>x</b>    | <b>x</b>    | <b>x</b>    | <b>4:00</b> | <b>10:00</b> |

**Students should arrive 5-15 minutes prior to their class & be in approved uniform and belt**  
**Acro/Tricks students must be in approved T-shirt and pants to participate**  
**Cage Fitness students must be in approved T-shirt, shorts/pants, & gloves to participate**  
**Demo Team Members must be approved and accepted through audition**

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### KAIZEN XMA REFERRAL REWARDS PROGRAM

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