



KICK START MARTIAL ARTS - PAUL AND KELLIE SISK
1565 CLIFF RD - #7
EAGAN, MN 55122
651-688-0558; WWW.KICKSTARTEAGAN.COM
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****FALL Class Schedule - Starts Tuesday September 6th, 2016****

Mondays

Heroes 5:45
Junior TKD - White, Yellow, Green, Blue Belts 6:15
Junior TKD - Brown, Red, Black Belts, and ADULTS 6:45
Kick Start Kick Boxing 7:30

Tuesdays

Heroes 5:45
Junior TKD - White, Yellow, Green, Blue Belts 6:15
Junior TKD - Brown, Red Belts 6:45
Junior TKD - Black Belts, and ADULTS 7:30

Wednesdays

Junior TKD - White, Yellow, Green, Blue Belts 6:15
Junior TKD - Brown, Red, Black Belts, and ADULTS 6:45
Kick Start Kick Boxing 7:30

Thursdays

Heroes 5:45
Junior TKD - White, Yellow, Green, Blue Belts 6:15
Junior TKD - Brown, Red Belts 6:45
Junior TKD - Black Belts, and ADULTS 7:30

Fridays

LifeFlow Yoga 6:30

Saturdays

LifeFlow Yoga 9:00
Lil' Stars 10:15
Heroes 10:45
Junior TKD - Black Belts, and ADULTS 11:15

<u>Lil' Stars:</u> Ages: 2 - 4 1/2
<u>Heroes:</u> Ages: 4 1/2 - 7
<u>Junior TKD:</u> Ages: 7 - 12
<u>Adult TKD, Kick Boxing, Yoga:</u> Ages: Teens and Adults