



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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Mondays

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

Tuesdays

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

Wednesdays

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

Thursdays

Junior TKD - White, Yellow, Green Belts 5:45 (30 min)
Junior TKD - Blue, Brown, and ADULTS 6:15 (30 min)
Junior TKD - Red, Black Belts, and ADULTS 6:45 (45 min)
LifeFlow Fusion Yoga - 7:30 (60 min)

Saturdays

Lil Stars 9:00 (30 min)
Heroes 9:30 (30 min)
Junior TKD - Blue, Brown, Red, Black Belts, and ADULTS 10:00 (45 min)

Lil' Stars:

Ages: 2 - 4 1/2

Heroes:

Ages: 4 1/2 - 7

Junior TKD:

Ages: 7 - 12

Adult TKD, Kick Boxing, Yoga:

Ages: Teens and Adults

September Events:

***Closed - Mon. Sept. 4**

***New Schedule Starts -
Tue. Sept. 5**

***Closed - Sat. Sept. 30**

