



Kick Start Martial Arts and Fitness
1565 Cliff Rd. - Eagan
651-688-0558; www.kickstartteagan.com

FALL 2019 Class Schedule
New Schedule Starts TUE. SEPT. 3, 2019

MONDAY

Heroes		6:00pm-6:30pm
ALL White - Blue Belts		6:30pm-7:00pm
ALL Brown - 2nd Degree Black Belts	<u>STARTS at -</u>	7:00pm
ALL Brown - ALL Red	Dismissed at -	7:45pm
Jr Black Belts	Dismissed at -	8:00pm
1st, 2nd Degree Black Belts	Dismissed at -	8:15pm

TUESDAY

Heroes		6:00pm-6:30pm
ALL White - Blue Belts		6:30pm-7:00pm
ALL Brown - 2nd Degree Black Belts	<u>STARTS at -</u>	7:00pm
ALL Brown - ALL Red	Dismissed at -	7:45pm
Jr Black Belts	Dismissed at -	8:00pm
1st, 2nd Degree Black Belts	Dismissed at -	8:15pm

WEDNESDAY

ALL White - Blue Belts		6:00pm-6:30pm
ALL Brown - 2nd Degree Black Belts	<u>STARTS at -</u>	6:30pm
ALL Brown - ALL Red	Dismissed at -	7:15pm
Jr Black Belts - 1st, 2nd Degree Black Belts	Dismissed at -	7:30pm
LifeFlow Fusion Yoga		7:30pm-8:30pm

THURSDAY

ALL White - Blue Belts		6:00pm-6:30pm
ALL Brown - 2nd Degree Black Belts	<u>STARTS at -</u>	6:30pm
ALL Brown - ALL Red	Dismissed at -	7:15pm
Jr Black Belts - 1st, 2nd Degree Black Belts	Dismissed at -	7:30pm
LifeFlow Fusion Yoga		7:30pm-8:30pm

SATURDAY

Lil' STARS		9:30am-10:00am
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ALL White - 2nd Degree Black Belts

10:00am-10:45am