

# MN Valley Martial Arts

## Fall 2010 Class Schedule

Effective October 4, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday (AM)	Sunday
<b>Little Ninjas Tae Kwon Do</b>	6:00 - 6:30	5:15 - 5:45	6:00 - 6:30	5:15 - 5:45		10:15 - 10:45	
<b>Tae Kwon Do White - Green</b>	5:15 - 6:00		5:15 - 6:00			10:15 - 11:00	
<b>Tae Kwon Do Purple - Black</b>	5:15 - 6:00	6:15 - 7:00		6:15 - 7:00		11:00 - 11:45	
<b>Kukkiwon Tae Kwon Do</b>		5:15 - 6:00		5:15 - 6:00			
<b>Jeet Kune Do &amp; Kali Sticks</b>		6:00 - 7:00		6:00 - 7:00			
<b>Wushu All Students</b>	6:00 - 7:00		6:00 - 7:00		7:00 - 8:00		12:00 - 1:30
<b>Kettlebell</b>		8:00 - 9:00		8:00 - 9:00			
<b>Kickboxing</b>	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00	7:00 - 8:00		8:00 - 9:00	
<b>Body Boot Camp</b>	7:00 - 8:30	7:00 - 8:00	7:00 - 8:30	7:00 - 8:00	6:00 - 7:30		
<b>Yoga</b>						8:45 - 10:00	

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