

# Winter 2012



Improving The Quality  
Of Life Through  
Martial Arts

**EFFECTIVE: January 3<sup>rd</sup> 2012**

Monday/Wednesday			Tuesday/Thursday		
4.5-6 yrs	Kinder Kicks	3:45-4:20	4.5-6 yrs	Kinder Kicks	3:45-4:20
7-12 yrs	White - Sr. Yellow	4:20-5:10	7-12 yrs	White - Sr. Yellow	4:20-5:10
7-12 yrs	Green - Sr. Green	5:10-6:00	7-12 yrs	Green - Blue	5:10-6:00
7-12 yrs	Blue - Sr. Blue	6:00-6:50	7-12 yrs	Red - Black	6:00-6:50
All Ages	Red - Black	6:50-7:50	All Ages	Red - Black	6:50-7:50
12-Up	Sr. Yellow - Sr. Blue	7:50-8:50	All Ages	White - Sr. Yellow	7:50-8:50

## Friday Classes

7-12 yrs	Jr. BBC Green-Blue	3:45-4:30
7-12 yrs	Jr. BBC Sr. Blue-Red	4:30-5:15
All ages	Open Work Out	5:15-5:45
All ages	Black Belt Club	5:45-6:35

## Saturday

Special Session Classes

**Courtesy**

**Integrity**

**Perseverance**

**Self-Control**

**Indomitable  
Spirit**

## STAFF

**G Master Noyes**  
Master Instructor  
**Master Noyes**  
Office Manager  
**Ms. Hartley**  
Instructor  
**Mr. Dohr**  
Instructor  
**Mr. Miller**  
Instructor  
**Mr. Bondurant**  
Instructor  
**Mr. Rodwick**  
**Taylor Reed**  
Jr. Instructors  
**Sandra Hedges**  
**Tami Nail**  
Cleaning Staff

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