

# Yama-Kan Self-Defense School

TRAIN HARD, REMAIN STRONG!



## ANNOUNCEMENTS NEW SCHEDULE

Dear Students,

In an effort to better serve you, I have decided to make some changes to the Yama Kan School's class schedule. Effective **May 4th, 2009** all of our Kickboxing and Boxing classes will have consistent start and end times during the week. Going forward, our kids programs will not only have a consistent start time, but will run for a full hour, instead of 45 minutes, at no additional cost.

These changes to the schedule will also allow us to expand the type and number of classes we are able to offer. Check out our new Women's Only Kickboxing class (T, TH from 8:30pm-9:30pm) and look for more info on our new Grappling classes (M,W from 8-9:30pm) as well as upcoming Boot Camps and Seminars.

Please take a moment to review the changes below and let me know if you have any questions, comments or concerns.

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Sifu Tony Morel

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Women's Boot Camp		6-7am		6-7am			
Women's Boxing	6-7am		6-7am		6-7am		
Women's Advanced Boxing		7-8:30am		7-8:30am			
Grappling	3:30-4:45pm		3:30-4:45pm				
CIT					3:30-5pm		8:30-10:30am*
Kajukenbo Kids I					5-6pm		
Kajukenbo Kids II		5-6pm		5-6pm		10:30-11:30am*	
Teen Jiu Jitsu	5-6pm		5-6pm				
Kajukenbo Beginners		6-7pm		6-7pm			
Kajukenbo Advanced		7-8:30pm		7-8:30pm	3:30-5pm	11:30-1pm*	8:30-10:30am*
Women Only Kickboxing		8:30-9:30pm		8:30-9:30pm			
Kickboxing	6-7pm		6-7pm		6-7pm	9:30-10:30am*	
Women's Boxing	7-8pm		7-8pm		7-8pm		
Grappling/MMA	8-9:30pm		8-9:30pm				

\*Closed 1st and 3rd Saturday of the Month

Please note that the Yama Kan School may have periodic schedule changes in order to maintain the highest level of service for our students.