

CLASS SCHEDULE

MONDAY	6:00 PM Strength and Stretch (<i>instructor varies</i>) 7:00 PM Boxing Circuit
TUESDAY	5:45 PM Yoga Flow (<i>call for dates</i>) 6:45 PM Judo with Mike's Dojo**
WEDNESDAY	6:00 PM Kettlebells and Strength Circuit**
THURSDAY	6:30 PM Judo with Mike's Dojo**
FRIDAY	6:00 PM Strength and Stretch (<i>instructor varies</i>) 6:30 PM Boxing Circuit
SATURDAY	9:00 AM Teenie-Weenie TaeKwonDo 10:00 AM Family TaeKwonDo Workout 11:00 AM Judo Open Workout (<i>once a month</i>)

NEW MEMBERSHIP RATES AND POLICY

(effective October 1, 2009)

	One class a week:	\$49.00/mo.
	Two classes a week:	\$59.00/mo.
	Three classes a week:	\$69.00/mo
	Unlimited:	\$79.00/mo.
	Judo only:	\$59.00/mo.
** NEW **	Student Rate:	\$39.00/mo. (<i>for full-time students, must present ID</i>)

Annual Membership Fee: \$69.00/yr
(*due upon beginning monthly membership*)

You are welcome to increase at any time, however, decreasing is done on your quarter anniversary. *Two-weeks notice in writing is required prior to that anniversary date.* This policy is in place to assure that we can keep staff on as scheduled. There are no make-ups for missed classes in subsequent weeks. Adhering to your choice is on the honor system. In fairness to others, kindly respect this policy. (Individual add-on classes are \$12.00 and can be done at any time.)

Each new visitor may have one free class. Additional trial classes must be paid for at the following rates: individual add-on classes are \$12.00 for existing members (including parents of enrolled children) and their guests; \$14.00 for all others. Your instructor will collect these payments at the beginning of class. Please sign-in with instructor as they are required to take attendance.

** No shoes allowed on Tatami floor; only bare feet or martial arts (TaeKwonDo) shoes may be worn.