



# Vancouver Sport Kickboxing Academy

Determination & perseverance helps you to be the best

**RED** (kickboxing fitness) **BLUE** (kids program) **GREEN** (youth/teen program)

Change of schedule is subject to the number of students attending and their availability

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Circuit 12 Kickboxing</b> 12:00-1:00		<b>Circuit 12 Kickboxing</b> 12:00-1:00		<b>Adult All Levels</b> 11:00-11:45
				<b>Open</b> 3:30	<b>Kids All levels</b> 11:45-12:30
					<b>B.B.C. Adult All Levels</b> 12:30-1:45
	<b>Kids 4 yrs – 8yrs</b> 4:15-5:00		<b>Kids 4 yrs – 8yrs</b> 4:15-5:00		<b>Sparing Session</b> 2:00-3:00
<b>Youth All Levels</b> 4:45-5:45	<b>Youth All Levels</b> 5:00-6:00	<b>Circuit 12 Kickboxing</b> 4:45-5:45	<b>Youth All Levels</b> 5:00-6:00		<b>Closed</b> 3:30
<b>White to H. Yellow</b> 5:45-6:30	<b>Orange to H. Green</b> 6:00-7:00	<b>White to H. Yellow</b> 5:45-6:30	<b>Orange to H. Green</b> 6:00-7:00	<b>B.B.C. Kids/Youth All Levels</b> 5:00-6:00	
<b>Blue to Black</b> 6:30-7:30	<b>Blue to Black</b> 7:00-8:00	<b>Blue to Black</b> 6:30-7:30	<b>Blue to Black</b> 7:00-8:00	<b>B.B.C. Adult All Levels</b> 6:30-7:45	
<b>Orange to H. Green</b> 7:30-8:30	<b>White to H. Yellow</b> 8:00-8:45	<b>Orange to H. Green</b> 7:30-8:30	<b>White to H. Yellow</b> 8:00-8:45	<b>SKF Submission</b> 7:45-8:30	
				<b>Closed</b> 8:30	
<b>Closed</b> 9:00	<b>Closed</b> 9:00	<b>Closed</b> 9:00	<b>Closed</b> 9:00		
Operating hours: Mon to Thur. 11:30am until 9:00 pm, Fri. 3:30pm until 8:30 pm, Sat. 10:30 to 3:30 (School's will be open in the morning for scheduled classes)					
<b>102-1727 West Broadway, Vancouver B.C., V6J 4W Tel: 604-800-6968</b> <b>Email: Vancouver@kickboxing.net Visit our website: www.kickboxing.net</b>					