



## Sport Kickboxing Academy Newton

Determination & perseverance helps you to be the best

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					<b>Adult/Parents</b> <b>White to</b> <b>H. Yellow</b> 9:30-10:15
					<b>Kids</b> <b>White to</b> <b>H. Orange</b> 10:15-11:00
					<b>B.B.C.</b> <b>Kids Yellow</b> <b>To Green</b> 11:00-12:00
<b>Kids Under 8</b> <b>White to</b> <b>H. Green</b> 4:30-5:15	<b>Kids</b> <b>Orange &amp;</b> <b>Up</b> 4:30-5:15	<b>Kids Under 8</b> <b>White to</b> <b>H. Green</b> 4:30-5:15	<b>Kids</b> <b>Orange &amp;</b> <b>Up</b> 4:30-5:15		<b>B.B.C.</b> <b>Kids H. Green</b> <b>&amp; Up</b> 12:00-1:00
<b>Kids 8 &amp; Up</b> <b>Orange to</b> <b>H. Green</b> 5:20-6:05	<b>Kids Under 8</b> <b>White to</b> <b>H. Yellow</b> 5:20-6:05	<b>Kids 8 &amp; Up</b> <b>Orange to</b> <b>H. Green</b> 5:20-6:05	<b>Kids Under 8</b> <b>White to</b> <b>H. Yellow</b> 5:20-6:05		<b>B.B.C.</b> <b>Adult</b> <b>All Levels</b> 1:00-2:30
<b>Kids</b> <b>Blue to</b> <b>H. Brown</b> 6:10-6:55	<b>Kids 8 &amp; Up</b> <b>White to</b> <b>H. Yellow</b> 6:10-6:55	<b>Kids</b> <b>Blue to</b> <b>H. Brown</b> 6:10-6:55	<b>Kids 8 &amp; Up</b> <b>White to</b> <b>H. Yellow</b> 6:10-6:55	<b>B.B.C.</b> <b>Kids</b> <b>All Levels</b> 5:30-6:30	<b>Instructor</b> <b>Training</b> 2:00-2:45
<b>Adult</b> <b>Orange to</b> <b>Green</b> 7:00-8:00	<b>Youth/Adult</b> <b>H. Green</b> <b>&amp; Up</b> 7:00-8:00	<b>Adult</b> <b>Orange to</b> <b>Green</b> 7:00-8:00	<b>Youth/Adult</b> <b>H. Green</b> <b>&amp; Up</b> 7:00-8:00	<b>Closed</b> 7:30	<b>SKF</b> <b>Submission</b> <b>Classes</b> 2:30-3:30
<b>Adult</b> <b>White to</b> <b>H. Yellow</b> 8:05-8:50	<b>Adult</b> <b>White to</b> <b>H. Yellow</b> 8:05-8:50	<b>Adult</b> <b>White to</b> <b>H. Yellow</b> 8:05-8:50	<b>Adult</b> <b>White to</b> <b>H. Yellow</b> 8:05-8:50		
<b>Closed</b> 9:10	<b>Closed</b> 9:10	<b>Closed</b> 9:10	<b>Closed</b> 9:10		
Operating hours: Mon/Thurs 3:00pm until 9:10 pm, Fri. 3:00pm until 7:30 pm, Sat. 9:30 to 3:30					
<b>104-13569 76<sup>th</sup>, Surrey B.C., V3W2W3 Tel: 604-592-5402</b> <b>Email: <a href="mailto:Newton@kickboxing.net">Newton@kickboxing.net</a> Visit our website: <a href="http://www.kickboxing.net">www.kickboxing.net</a></b>					