



SUNRISE CLASS SCHEDULE

4317 N. Pine Island Road, Sunrise, FL 33351

954-572-7970

EVOLUTION MARTIAL ARTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
AFTER SCHOOL	2:45-3:15	2:45-3:15	2:45-3:15	2:45-3:15	2:45-3:15		✓ PLEASE ARRIVE At Least 5 Minutes PRIOR TO CLASS TIME
KINDERKICKERS Ages 4-6	3:30-4:00	5:10-5:40	3:30-4:00	5:10-5:40	4:00-4:30	10:30-11:15	✓ REMAIN IN PROPER WARM UP AREA
KIDS' BEGINNERS Ages 7-11	5:45-6:25	4:20-5:00	5:00-5:40	3:30-4:10			✓ NEVER DISTURB CLASS IN SESSION
KIDS' GOLD/ORANGE Ages 7-11	5:00-5:40	5:45-6:25	4:10-4:50	5:45-6:25	4:35-5:05		✓ QUIETLY STRETCH AND PREPARE FOR CLASS
KIDS' GREEN/PURPLE	4:10-4:50	3:30-4:10	5:45-6:25	4:20-5:00	5:10-5:40		✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
BLUE/ADV.	6:30-7:10	6:30-7:10	6:30-7:10	GRAPPLING 6:30-7:10			✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR
BBLP SPECIAL					5:45-6:15	SPARRING 11:30-12:15	✓ CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST
TEENS/ADULTS	7:15-8:15	7:15-8:15	7:15-8:15	7:15-8:15	CHAMPS 6:15-6:45	WEAPONS 12:30-1:15	✓ KARATE T SHIRTS CAN BE WORN ON T SHIRT DAYS
							✓ ALL GUESTS SHOULD REMAIN IN SEATING AREA
							✓ ALL SHOES SHOULD BE PLACED IN SHOE RACK
							✓ CHILDREN MUST REMAIN IN DESIGNATED AREAS