## EVOLUTION

## PARKLAND CLASS SCHEDULE 954-796-4911 www.emaparkland.com

MARTIAL ARTS	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
KINDERKICKERS Ages 4-6	3:00-3:30	3:00-3:30	3:00-3:30	3:00-3:30	3:00-3:30	10:00-10:30	PLEASE ARRIVE 10-15 MINUTES PRIOR TO CLASS TIME
KINDERKICKERS Ages 4-6		3:45-4:15		3:45-4:15	3:45-4:15		<ul> <li>✓ REMAIN IN PROPER WARM UP AREA</li> <li>✓ NEVER DISTURB CLASS IN SESSION</li> </ul>
WHITE/GOLD/ ORANGE Ages 7-11	5:45-6:30	5:30-6:15	4:45-5:30	4:30-5:15	4:30-5:30	10:45-11:15	✓ QUIETLY STRETCH AND PREPARE FOR CLASS
KIDS' GREEN/PURPLE	4:45-5:30	6:30-7:15	3:45-4:30	6:30-7:15	5:15-5:45		✓ ALL JEWELRY MUST BE REMOVED PRIOR TO CLASS
KIDS' BLUE/ADVANCED	3:45-4:30	4:30-5:15	5:45-6:30	5:30-6:15	6:00-6:30	11:30-12:00	✓ ALL VALUABLES SHOULD BE LEFT IN YOUR CAR
TEENS/ADULTS	7:30-8:30	7:30-8:30	7:30-8:30	7:30-8:30	CHAMPS 6:45-7:15	WEAPONS 12:15-12:45	CLEAN UNIFORM AND HYGIENE HABITS ARE A MUST  KARATE T SHIRTS
BROWN & ABOVE	6:45-7:15		6:45-7:15				CAN BE WORN ON T SHIRT DAYS
							SHOULD REMAIN IN SEATING AREA  ALL SHOES SHOULD BE PLACED IN SHOE
							RACK  ✓ CHILDREN MUST REMAIN IN DESIGNATED AREAS