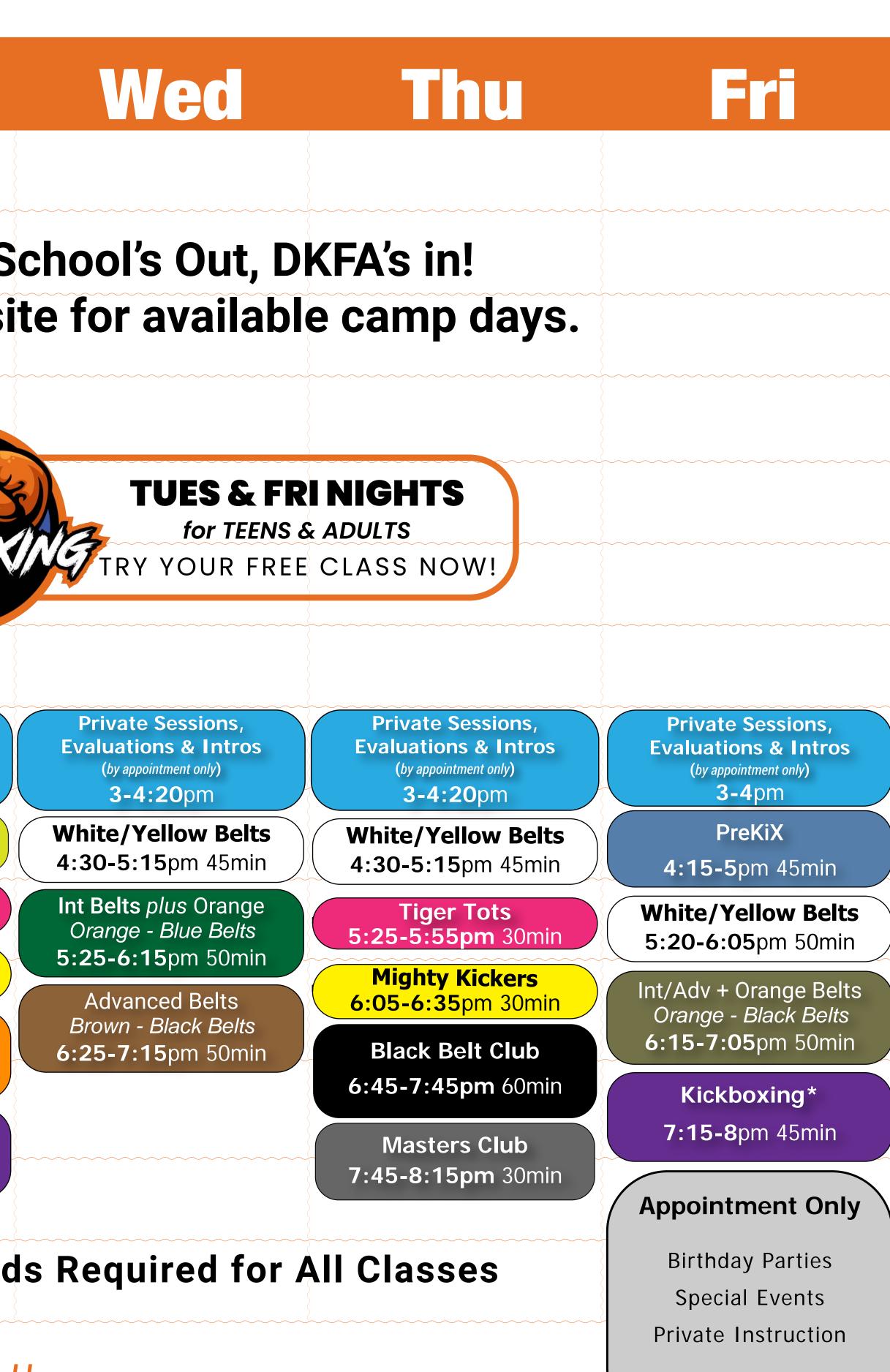
Schedule of Classes

dkfitnessarts.com/schedule

	Non	TUC
8am		
9		When S
10		Check websi
11		
12pm		
1		RCREOK DKFA
2		
3	Private Sessions, Evaluations & Intros (by appointment only) 3-4:20pm	Private Sessions, Evaluations & Intros (by appointment only) 3-4:10pm
4	Int Belts plus Orange Orange - Blue Belts	First Time Kickers (Eval/Intro) 4:20-4:50pm 30min
5	4:30-5:20pm 50min White/Yellow Belts	Tiger Tots 5:05-5:35pm 30min
6	5:30-6:15pm 45min Advanced Belts <i>Brown - Black Belts</i> 6:25-7:15pm 50min	Mighty Kickers 5:45-6:15pm 30min Sparring 6:25-7:25pm 60min
7	Adults 7:25-8:25pm 60min	Kickboxing*
8		7:35-8:20pm 45min
9	Gear & N	lembership Card

KFITNESSARTS





1714 E. Northwest Hwy Arlington Heights, IL 60004



Appointment Only

Birthday Parties Special Events Private Instruction

CLASSES MUST BE RESERVED A MINIMUM OF 4 HOURS BEFORE

Benplanner

(847) 749-2819 info@dkfitnessarts.com