



Asian Sun Martial Arts of Montrose

3900 Medina Rd. (Jared's Plaza) (330) 666-2200

Class Schedule Effective 2-12-2018

All coming events are at www.Asiansun.net

Fitness Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------------|---------------------|--------------------------------------|---------------------|--------|----------|
| Cardio-Fit Kickboxing 7:15-8:00pm | Cage 7:20-7:50pm | Cardio-Fit Kickboxing 7:15-8:00pm | Cage 7:20-7:50pm | | |

Tiger Tots

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|----------------------------------|
| Tiger Tots Only 5:15-5:45pm | Tiger Tots Only 4:30-5:00pm | Tiger Tots Only 5:15-5:45pm | Tiger Tots Only 4:30-5:00pm | Tiger Tots Only 5:15-5:45pm | Tiger Tots Only 10:30-11:00am |

Martial Arts Classes

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|--|--|
| Children's Only Class 4:30-5:15pm All Ranks Welcome | Children's Only Class 5:00-5:45pm All Ranks Welcome | Children's Only Class 4:30-5:15pm All Ranks Welcome | Children's Only Class 5:00-5:45pm All Ranks Welcome | | Children's and Family Class 11:00-11:45am All Ranks Welcome |
| Children's and Family Class 5:45-6:30pm All Ranks Welcome | Children's and Family Class 5:45-6:30pm All Ranks Welcome | Children's and Family Class 5:45-6:30pm All Ranks Welcome | Children's and Family Class 5:45-6:30pm All Ranks Welcome | Children's and Family Class 5:45-6:30pm All Ranks Welcome | Black Belt Club And Master's Club 11:45am-12:30pm |
| Children's and Family Class 6:30-7:15pm All Ranks Welcome | Children's and Family Class 6:30-7:15pm All Ranks Welcome | Children's and Family Class 6:30-7:15pm All Ranks Welcome | Children's and Family Class 6:30-7:15pm All Ranks Welcome | TEAM 6:30-7:30pm TEAM Uniform | Black Belt And Cho Dan Bo 12:30-1:15pm |
| | | | | | TEAM 1:15-2:15pm TEAM Uniform |

Enrichment Clubs

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---------|-----------|----------|------------------------------|----------|
| | | | | Sparring Club 6:30-7:15pm | |



Call Today to Schedule Your First Class! (330) 666-2200