

IMPACT MARTIAL ARTS & FITNESS – TEAM FEIDT

DRAGON & WHITE BELT CLASSES

MONDAY

4:00-DRAGONS (3-6 year olds)
4:30-WHITE BELTS – Jrs & Ad

WEDNESDAY

4:00-DRAGONS (3-6 year olds)
4:30-WHITE BELTS – Jrs
5:15-WHITE BELTS - Ad

FRIDAY (TEAM T-SHIRT DAY)

5:00-DRAGONS (3-6 year olds)
5:30-WHITE BELTS – Jrs & Ad

SUNDAY (TEAM T-SHIRT DAY)

11:00am-BIRTHDAY PARTY
1:30- DRAGONS (3-6 year olds)
2:00- WHITE BELT – Jrs & Ad

Clay Commons Plaza
8075 Oswego Road
Suite 8
Liverpool, NY 13090

TUESDAY

10:30am – WHITE BELT - Adults
5:45-DRAGONS (3-6 year olds)
6:15-WHITE BELTS – Jrs
7:00-WHITE BELTS - Ad

THURSDAY

10:30am-WHITE BELT - Adults
5:45-DRAGONS (3-6 year olds)
6:15-WHITE BELTS – Jrs
6:15-WHITE BELTS - Ad

SATURDAY (TEAM T-SHIRT DAY)

10:00am- DRAGONS (3-6 year olds)
10:00am-WHITE BELTS - Jrs & Ad
1:30 & 4:00-BIRTHDAY PARTY

DOJO GUIDELINES

- Always demonstrate your respect with a formal **bow** as you enter and exit the dojo and mat.
- Please keep your uniform neat, clean and odor free with your patches properly sewn.
- For your safety and the safety of others, no jewelry may be worn on the training areas.
- Please arrive 10 minutes prior to class and place your shoes neatly in the shoe rack.

IMPACT
MARTIAL ARTS & FITNESS
TF **315-622-KICK**
www.teamfeidt.com

SCHEDULE BEGINS AUGUST 2017