



# LIFE KOUR

ACADEMY

## FALL SCHEDULE

Visit the *Live Schedule* @ [www.LifeKour.org](http://www.LifeKour.org) to view Current Classes, Workshops, & Events!

**Ask About Our New Adult Training! ~ BOOK A FREE TRIAL! ~ Anytime M-F, 5:30am-8:30pm!**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
5:30am	<div style="border: 1px dashed black; padding: 5px; text-align: center;"> <b>Personalized Adult Training ~ BOOK YOUR FREE TRIAL TODAY!</b>  <b>Schedule Sessions Anytime, Monday-Friday, 5:30am-8:30pm.</b> </div>										
6:30am								<b>Adult Jui-Jitsu</b> 6-7am			
7:30am	<div style="border: 1px dashed black; padding: 5px; text-align: center; color: magenta;"> <b>NEW TODDLER CLASSES COMING SOON!</b>            Parent/Tot 1.5-3 yrs &amp; MunchKour 3-4 yrs         </div>										
8:30am											
9:30am	Parent/Tot ~ 1.5-3yrs 9:30-10:20am	Aerial Yoga 9:30-10:30am	Parent/Tot ~ 1.5-3yrs 9:30-10:30am	Aerial Yoga 9:30-10:30am	FREE Toddler Open Gym (4yrs & under) 9:30-11am		Family Acro Open Gym				
10:30am	MunchKour ~ 3-4 yrs 10:30-11:20		MunchKour ~ 3-4 yrs 10:30-11:20			Youth NinjaKour 10:30-11:30am	9:30-11:30am All-Ages				
11:30am						Open Gym (All Ages) 11:30am-1:30pm	Open Gym (All Ages) 11:30am-1:30pm				
12:30pm							<b>Advanced Jui-Jitsu</b> 11:45am-1pm				
1:30pm		Home School NinjaKour 1-3pm (class/open gym)		HomeSchool NinjaKour 1-3pm (class/open gym)		Teen NinjaKour 1:30-2:30pm					
2:30pm	<div style="border: 1px solid black; padding: 10px;"> <b>BIRTHDAY PARTIES &amp; PRIVATE EVENTS</b>            The facilities and property are available for private events, birthday parties, corporate team building, spiritual gatherings, weddings, memorials, etc.         </div>										
3:30pm							Open Gym (all-ages) 3-4:30pm	Open Gym (all-ages) 3-4:30pm	Open Gym (all-ages) 3-4:30pm	Open Gym (all-ages) 3-4:30pm	Open Gym (all-ages) 3-4:30pm
4:30pm							Teen NinjaKour 4:30-5:30pm	Youth NinjaKour 4:30-5:30pm	Teen NinjaKour 4:30-5:30pm	Youth NinjaKour 4:30-5:30pm	
5:30pm	Teen/Adult Open Gym 5:30-6:30pm	<b>Youth Jui-Jitsu</b> 5:45-6:30pm	Gymnastics FUNDamentals 5:30-7pm	Teen/Adult Open Gym 5:30-6:30pm	<b>Youth Jui-Jitsu</b> 5:45-6:30pm	Gymnastics FUNDamentals 5:30-7pm	<b>Youth Jui-Jitsu</b> 5:45-6:30pm				
6:30pm											
7:30pm		<b>Adult Jui-Jitsu</b> 7-8pm									
			<b>Adult Jui-Jitsu</b> 7-8pm								
					<b>Adult Jui-Jitsu</b> 7-8pm						