




# LIFE KOUR

ACADEMY

## WINTER SCHEDULE

Visit the *Live Schedule* @ [www.LIFEKour.org](http://www.LIFEKour.org)  
 ~ CLASSES FOR EVERYONE ~

**More Yoga ~ More Adult Fitness ~ More Martial Arts ~ Coming Soon! What do You Want & When?!**

TIMES	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30am								
6:30am	Jui-Jitsu Adult 6-7am	Adult Fitness 6-7am	Adult Fitness 6-7am	Adult Fitness 6-7am	Jui-Jitsu Adult 7-8pm		Adult Fitness 6-7am	
7:30am	Adult Fitness 7-8am	Adult Fitness 7-8am	Adult Fitness 7-8am	Adult Fitness 7-8am	Adult Fitness 7-8am			
8:30am								
9:30am					FREE Toddler Open Gym (4yrs & under) 9:30-11am		Family Acro Open Gym	
10:30am						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		Home School NinjaKour 5+ yrs old 1-3pm (class/open gym)		Home School NinjaKour 5+ yrs old 1-3pm (class/open gym)				
1:30pm	NinjaKour 3-4 yrs old 2:00-3:00pm		Vinyasa Yoga 1-2pm				Teen NinjaKour 1:30-2:30pm	
2:30pm						<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.		
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	MONTHLY EVENTS			
5:30pm	Teen/Adult Open Gym 5:30-6:30pm	Parkour 16+ 5:30-6:30pm	Gymnastics FUNDamentals 5:30-7pm	Teen/Adult Open Gym 5:30-6:30pm	Parkour 16+ 5:30-6:30pm			Gymnastics FUNDamentals 5:30-7pm
6:30pm		Jui-Jitsu Youth 5:45-6:30pm		Jui-Jitsu Youth 5:45-6:30pm			2 <sup>nd</sup> Fridays Sip-n-Swing Aerial Ladies Night	
7:30pm		Jui-Jitsu Adult 7-8pm		Jui-Jitsu Adult 7-8pm				