



# LIFE KOUR


ACADEMY

## SPRING SCHEDULE

Visit *Live Schedule* @ [www.LIFEKour.org](http://www.LIFEKour.org)

~ CLASSES FOR EVERYONE ~

**More Yoga ~ More Adult Classes ~ More Martial Arts ~ Coming Soon! Tell Us What You Want & When?!**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	Adult BJJ 6-7am				Adult BJJ 6-7am				
6:30am	Sunrise Fitness 6-7am		Sunrise Fitness 6-7am		Sunrise Fitness 6-7am				
7:30am									
8:30am	Acro Yoga 8-9am			Acro Yoga 8-9am					
9:30am	Fun-n-Fit Mommy & Me 9:30-10:30am				FREE Toddler Open Gym (4yrs & under) 9:30-11am		Family Acro Open Gym		
10:30am					Fun-n-Fit Mommy & Me 11:15-12:15pm	Youth NinjaKour 10:30-11:30am	All-Ages 9:30-11:30am		
11:30am						Open Gym All Ages 11:30am-1:30pm	Open Gym All Ages 11:30am-1:30pm		
12:30pm									
1:30pm	NinjaKour 3-4 yrs old	Vinyasa Yoga 2-3pm	Homeschool NinjaKour 1-3pm Class & Open Gym	Homeschool NinjaKour 1-3pm Class & Open Gym		Teen NinjaKour 1:30-2:30pm			
2:30pm						<b>Custom Birthdays &amp; Private Events</b> Book your child or adult party, school trip, corporate retreat, wedding, spiritual gathering, or reunion. Weekends and mid-week options. <b>Call for Details!</b>			
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 BJJ 4:30-5:15pm	Youth NinjaKour 4:30-5:30pm	Teen NinjaKour 4:30-5:30pm	Youth BJJ 4:30-5:15pm			Youth NinjaKour 4:30-5:30pm	Youth BJJ 4:30-5:15pm
5:30pm	13+ Open Gym 5:30-6:30pm	Teen/Adult BJJ Fundamentals 5:30-6:30pm	Gymnastics FUNDamentals 5:30-7pm	13+ Open Gym 5:30-6:30pm	Teen/Adult BJJ Fundamentals 5:30-6:30pm			Gymnastics FUNDamentals 5:30-7pm	
6:30pm	Adult Intermediate BJJ 6:45-8pm			Adult Intermediate BJJ 6:45-8pm					
7:30pm					1st Fridays Parents Night Out 6-9pm 2nd Fridays Sip-n-Swing Aerial 6-8pm				