

MARTIAL ARTS WORLD & FITNESS CENTER

OF SOUTH HOLLAND

This program schedule runs from June 1st through August 31st

DAY	TRAINING GROUP	AGE	STUDIO
SUNDAY			
01:30pm - 03:30pm	OPEN TO ALL MEMBERS	OPEN	EARTH
SATURDAY			
09:30am - 10:15am	Little Tigers® & Young Dragons® <small>Open</small>	4 - 8	EARTH
10:30am - 11:20am	Youth Self Defense <small>Open</small>	9 - 12	EARTH
11:30am - 01:30pm	Teens/Adults <small>Open</small>	13 & Older	EARTH
01:30pm - 02:30pm	Yoga <small>Hatha</small>	12 & Older	LIFE
02:00pm - 03:30pm	Kali <small>Open</small>	12 & Older	SERENITY
MONDAY & WEDNESDAY			
06:30am - 08:00am	Adults <small>Open</small>	17 & Older	EARTH
05:00pm - 05:45pm	Little Tigers® & Young Dragons® <small>Open</small>	4 - 8	EARTH
05:45pm - 06:45pm	Youth Self Defense <small>Open</small>	9 - 12	EARTH
06:30pm - 08:30pm	Teens/Adults <small>Open</small>	13 & Older	EARTH
TUESDAY & THURSDAY			
11:00am - 12:30pm	Adult <small>Open</small>	17 & Older	EARTH
05:00pm - 05:45pm	Little Tigers® & Young Dragons® <small>Open</small>	4 - 8	EARTH
05:45pm - 06:45pm	Youth Self Defense <small>Open</small>	9 - 12	EARTH
06:30pm - 08:30pm	Teens/Adults <small>Open</small>	13 & Older	EARTH

PRIVATE, SEMI-PRIVATE & SPECIAL GROUP CLASSES AVAILABLE BY APPOINTMENT. SEE FRONT DESK STAFF FOR SCHEDULING AND RATES.

visit us online: vskdojo.com for additional programs, promotions and event(s) updates.

16252 Prince Drive • South Holland, Illinois 60473 • Phone: 708.202.0640