



BALANCE OF LIFE MARTIAL ARTS SCHEDULE

10175 KEELE ST. UNIT #8
 MAPLE, ONTARIO, L6A 3Y9
 905-303-0156 or 416-827-3689

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30 TO 10:30		LADIES CARDIO KICKBOXING		LADIES CARDIO KICKBOXING		10:00 - 11:00 ALL BELTS
10:30 to 11:30						
3:00 to 4:00						
4:00 TO 5:00	PRIVATES	PRIVATES	PRIVATES	PRIVATES		
5:00 to 6:00	WHITE TO PURPLE	GREEN TO BROWN & 12+ NOVICE	TEAM	WHITE TO PURPLE	ALL BELTS & AGES	
6:15 to 7:15	GREEN TO BROWN & 12+ NOVICE	WHITE TO PURPLE	GREEN TO BROWN & 12+ NOVICE	WHITE TO PURPLE	\$\$\$\$ OPEN	
7:30 to 8:30	WHITE TO PURPLE	GREEN TO BROWN & 12+ NOVICE	WHITE TO PURPLE	GREEN TO BROWN & 12+ NOVICE		
8:30 to 9:30	LADIES CARDIO KICKBOXING	BROWN & BLACK & ADULTS	LADIES CARDIO KICKBOXING			

CARDIO KICKBOXING AND YOGA CLASSES - \$120 PER 10 SESSIONS.

\$\$\$\$OPEN CLASS - \$10 PER CLASS - MUST BE PRE-BOOKED AT THE BEGINNING OF EACH MONTH AND PAID FOR IN CASH.

PRIVATES - \$30 PER HOUR - MUST BE PAID FOR ON THE DAY OF LESSON.