



## Cambridge Class Schedule

Crossroad Commons  
 1001 1st Ave East, Suite 70  
 Cambridge, Minnesota 55008  
 (763) 552-KICK (5425)

**Head Instructor: Mr. Reid**

Class Schedule – Effective October 23rd, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					9:00 to 9:30 AM Little Dragons All Belts
5:00 to 5:30 PM Little Dragons All Belts				5:00 to 6:00 PM Blue Thru Black Belts	9:30 to 10:30 AM All Ages All Belts
5:30 to 6:30 PM Blue Thru Black Belts	5:00 to 5:45 PM White Thru Green Belts	4:30 to 5:00 PM 14 and Under Form	5:00 to 5:45 PM White Thru Green Belts	6:00 to 6:30 PM Little Dragons All Belts	10:30 to 11:00 AM <b>WEAPONS</b>  All Belts & Ages
6:30 to 7:15 PM White Thru Green Belts	5:45 to 6:45 PM Blue Thru Black Belts	5:00 to 5:30 PM 14 and Under Sparring	5:45 to 6:45 PM Blue Thru Black Belts	6:30 to 7:15 PM White Thru Green Belts	11:00 To Noon Kickboxing
7:15 to 8:15 PM Kickboxing	6:45 to 7:45 PM <b>Sparring / Kickboxing</b>  All Belts & Ages	5:30 to 6:00 PM Little Dragons All Belts	6:45 to 7:45 PM Kickboxing / Sparring  All Belts & Ages		
		6:00 to 7:00 PM Blue Thru Black Belts			
		7:00 to 7:45 PM White Thru Green Belts			