

Midwest Center for Movement- Class Schedule as of 5/1/2010

Aikido

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|-------------|---|------------------------------|---|--|---|
| Kids 5-6:30pm Adults 6:30-7:30 & 7:30-8:45pm | 10am Adults | Kids 5:30-6:15pm Adults 6:30-7:30 & 7:30-8:45pm | Kids 5-6:30pm 10am Adults | Family Class 6:15-7pm Adults 7-8:15pm | Kids 9:15am Ki Class 10:15am Weapons 11:15am | 10am Conditioning 11am Open Training |

BJJ/MMA

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|--|-----------|--|---|-----------------|--------|
| | Kids 5-6pm BJJ Adults 6-7:30pm BJJ 7:30-8:15pm MMA | | Kids 5-6pm BJJ Adults 6:15-7pm MMA 7-8:30 BJJ | Kids 5-6pm BJJ Adults 6:30-7:30pm BJJ | Adults Noon BJJ | |

Karate/Kobudo

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---|-----------|--|--------|--|--------|
| | Kids 6-6:45pm Adults 6:45-7:45pm Karate Kobudo 7:45- 8:45pm | | Kids 6:30-7:15pm Adults 7:15-8:15 Karate | | Adult Karate 9:15- 10:15am Kids 10:15-11am Kobudo 11-Noon | |

Kettlebells

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------|-------------|-----------|----------------------------|--------|-------------|--------|
| 5:30-6:30pm | 5:45-6:30pm | | 5:30-6:30pm 6:30-7:15pm | | 8:15-9:15am | |

Group Fitness

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------|---------|------------------------------|----------|---------------------------|----------|--------|
| 5:15-6:15pm Yoga | | 5:30-6:30pm BodySculpting | | 5:30-6:30pm Bag Boxing | | |