



Sugarwood Plaza • 7575 Buckley Road • North Syracuse, NY • 315-935-5874

FSMA CLASS SCHEDULE

Classes	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>Lil Dragons</u> (W-Y.O) (3-5 years)	6:00-6:30pm	5:00-5:30pm	6:30-7:00pm	5:30-6:00pm		9:45-10:15am
<u>Lil Dragons</u> (Purple and above) (3-5 years)	6:30-7:00pm	5:30-6:00pm	6:00-6:30pm	5:00-5:30pm		10:15-10:45am
<u>Junior Leaders</u> (W-Y.O) (6-12 years)	4:00-4:45pm	6:15-7:00pm	5:15-6:00pm	7:00-7:45pm	4:15-5:00pm 5:00-5:45pm	9:00-9:45am
<u>Junior Leaders</u> Purple-Black (6-12 years)	7:45-8:30pm	4:15-5:00pm	4:15-5:00pm 6:00-6:45pm	4:15-5:00pm 6:15-7:00pm	4:15-5:00pm 5:00-5:45pm	9:00-9:45am
<u>Teens & Adults</u> (13+ years)	6:00-7:00pm	5:15-6:15pm	6:45-7:45pm	5:15-6:15pm	5:00-6:00pm	9:00-10:00am
<u>Cardio Kickboxing</u>	7:00-7:45pm	7:00-7:45pm	7:45-8:30pm	7:45-8:30pm		

Training Policies and Facility Expectations:

Shoes and bags must be placed inside cubbies upon arrival.

Cardio Kickboxing members must bring indoor shoes for classes.

No gum or jewelry on the mats.

All gear must be purchased through Five Star Martial Arts Pro-Shop.

FSMA T-Shirt must be worn during the summer months for t-shirt days.

All members & guests are expected to be respectful and courteous of classes in session.

fitness@fivestarkarate.com



Fivestarkarate.com



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