



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> (3-5 years) | 3:30-4:00pm | 3:30-4:00pm | 5:30-6:00pm | 4:45-5:15pm | | 10:30-11:00am |
| <u>Junior Leaders</u> (W-Y-O) (6-12 years) | 4:00-4:45pm | 6:30-7:15pm | 4:00-4:45pm | 7:00-7:45pm | 5:00-5:45pm | 9:00-9:45am |
| <u>Junior Leaders</u> <u>Purple-Blue</u> (6-12 years) | 7:45-8:30pm | 4:45-5:30pm | 6:00-6:45pm | 4:00-4:45pm | 4:15-5:00pm | 9:00-9:45am |
| <u>Junior Leaders</u> <u>Green-Black</u> (6-12 years) | 7:45-8:30pm | 4:00-4:45pm | 4:45-5:30pm | 6:15-7:00pm | 4:15-5:00pm | 9:00-9:45am |
| <u>Teens & Adults</u> (13+ years) | 6:00-7:00pm | 5:30-6:30pm | 6:45-7:45pm | 5:15-6:15pm | 5:00-6:00pm | 9:45-10:30am |
| <u>Cardio Kickboxing</u> | 7:00-7:45pm | 7:15-8:00pm | 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.

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Fivestarkarate.com



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