



Asian Sun of Brecksville-Broadview Heights

300 Ken Mar Pkwy., Broadview Heights, OH | (440) 526-6400

Class Schedule Effective 8-14-2017

All coming events are at www.Asiansun.net

Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRX Body Blast 7:25-7:55pm	Cardio-Fit Kickboxing 7:30-8:15pm	TRX Body Blast 7:25-7:55pm	Cardio-Fit Kickboxing 7:30-8:15pm		TRX Body Blast 9:30-10:00am
					Cardio-Fit Kickboxing 10:05-10:50am

Tiger Tots

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger Tots Only 4:30-5:00pm	Tiger Tots Only 5:00-5:30pm	Tiger Tots Only 4:30-5:00pm	Tiger Tots Only 5:00-5:30pm	Tiger Tots Only 5:15-5:45pm	

Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Ages 10 & Under Children's Only 4:15-5:00pm		Ages 10 & Under Children's Only 4:15-5:00pm		Children's and Family Class 11:00am-11:45am
Children's Only Taekwondo 5:00-5:45pm		Children's Only Taekwondo 5:00-5:45pm			Black Belt Club 11:45am-12:00pm
Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Cho Dan Bo and Black Belts Only 5:45-6:30pm	Cho Dan Bo And Black Belt Only 12:00pm-12:45pm
Children's and Family Class 6:30-7:15pm	Children's and Family Class 6:30-7:15pm	Children's and Family Class 6:30-7:15pm	Children's and Family Class 6:30-7:15pm	Children's and Family Class 6:30-7:15pm	LEVEL 1 TEAM 12:45pm-1:30pm <i>TEAM Uniform</i>
				Black Belt Club 7:15-7:45pm	
				LEVEL 1 TEAM 7:15pm-8:00pm <i>TEAM Uniform</i>	