



Asian Sun Martial Arts of Hudson

5837 Darrow Rd. | Hudson Orchard Plaza (330) 650-6333

Class Schedule Effective 4-17-2017

Kickboxing and TRX Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	TRX Suspension Training 6:30pm-7:00pm		TRX Suspension Training 6:30pm-7:00pm		TRX Suspension Training 9:30am-10:00am
	Cardio-Fit Kickboxing 7:15pm-8:00pm		Cardio-Fit Kickboxing 7:15pm-8:00pm		Cardio-Fit Kickboxing 10:05am-10:50am

Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger Tots Only 11:00am-11:30am	Children's and Family Class 11:00am-11:45am <i>BBC 11:45am-12:00pm</i>	Tiger Tots Only 11:00am-11:30am	Children's and Family Class 11:00am-11:45am <i>BBC 11:45am-12:00pm</i>		
Adult, Children's and Family Class 11:30am-12:15pm	Tiger Tots Only 12:00pm-12:30pm	Adult, Children's and Family Class 11:30am-12:15pm	Tiger Tots Only 12:00pm-12:30pm		Tiger Tots Only 10:00am-10:30am
Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Krav Maga 11:00am-11:45am
Children's Only Class 5:00pm-5:45pm <i>BBC 5:45pm-6:00pm</i>	Children's and Family Class 5:00pm-5:45pm	Children's Only Class 5:00pm-5:45pm <i>BBC 5:45pm-6:00pm</i>	Children's and Family Class 5:00pm-5:45pm	Children's and Family Class 5:00pm-5:45pm	Children's and Family Class 11:00am-11:45am <i>BBC 11:45am-12:00pm</i>
Children's and Family Class 5:45pm-6:30pm <i>All Ranks</i>	Children's and Family Class 5:45pm-6:30pm <i>All Ranks</i>	Children's and Family Class 5:45pm-6:30pm <i>All Ranks</i>	Children's and Family Class 5:45pm-6:30pm <i>All Ranks</i>		
Tiger Tots Only 6:00pm-6:30pm		Tiger Tots Only 6:00pm-6:30pm		Children's and Family Class 5:45pm-6:30pm <i>BBC 6:30pm-6:45pm</i>	Cho Dan Bo and 1st and 2nd Dan Requirements 11:45am-12:30pm
Children's and Family Class 6:30pm-7:15pm <i>All Ranks</i>	Children's and Family Class 6:30pm-7:15pm <i>BBC 7:15-7:30pm</i>	Children's and Family Class 6:30pm-7:15pm <i>All Ranks</i>	Children's and Family Class 6:30pm-7:15pm <i>BBC 7:15-7:30pm</i>	LEVEL 1 TEAM 6:30pm-7:30pm <i>TEAM Uniform</i>	LEVEL 1 TEAM 12:30pm-2:00pm <i>TEAM Uniform</i>
LEVEL 3 TEAM 6:30-8:00pm <i>TEAM Uniform</i>	Krav Maga Self Defense 6:30pm-7:15pm <i>Room 3</i>	LEVEL 3 TEAM 6:30pm-8:00pm <i>TEAM Uniform</i>	Krav Maga Self Defense 6:30pm-7:15pm <i>Room 3</i>	LEVEL 3 TEAM 6:30pm-8:30pm <i>TEAM Uniform</i>	LEVEL 3 TEAM 12:30pm-3:00pm <i>TEAM Uniform</i>
Cho Dan Bo and 1st and 2nd Dan Requirements 7:15pm-8:00pm	Adult and Family Class 7:15pm-8:00pm	Cho Dan Bo and 1st and 2nd Dan Requirements 7:15pm-8:00pm	Adult and Family Class 7:15pm-8:00pm	All Coming Events Are Available At: www.asiansun.net	
3rd Dan and Up Requirements 8:00pm-8:30pm		3rd Dan and Up Requirements 8:00pm-8:30pm	Shotokan Karate Enrichment Club 7:30pm-8:15pm		