

Bangor Y  
 Health & Fitness  
 Martial Arts Class Schedule Winter 2010  
 November 30<sup>th</sup>, 2009-March 7<sup>th</sup>, 2010  
*Second Street Studio*

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Friday</b>	<b>Sat.</b>
<b>9:00-10:00 am</b>						American Freestyle Karate <b>Int/Adv</b>
<b>10:00-11:00 am</b>						American Freestyle Karate <b>Beginners</b>
<b>4:15-4:45 pm</b>				TaeKwon Do <b>KickStart</b>		
<b>4:50-5:40 pm</b>		TaeKwon Do <b>Beginner</b>		TaeKwon Do <b>Beginner</b>		
<b>5:45-6:45 pm</b>		TaeKwon Do <b>Intermediate</b>		TaeKwon Do <b>Intermediate</b>		
<b>6:00-7:00 pm</b>	TaeKwon Do <b>Int/Adv</b>		TaeKwon Do <b>Int/Adv</b>		TaeKwon Do <b>Int/Adv</b>	
<b>7-8:30 pm</b>	TaeKwon Do <b>Adult</b>		TaeKwon Do <b>Adult</b>		TaeKwon Do <b>Adult</b>	

Martial Arts Class Schedule Winter 2010  
*Hammond Street*

	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Fri</b>	<b>Sat</b>
<b>7:30 am</b>		Shaolin Kempo <b>Viner Rm 7:30-9:am</b>			
<b>10:00 am</b>					Shaolin Kempo <b>Viner Rm 10:30-noon</b>
<b>6:30 pm 6:40 pm</b>	Shaolin Kempo <b>Viner Rm 6:40-8:10</b>			Shaolin Kempo <b>Viner Rm 6:30-7:45 pm</b>	

