



TRAN'S MARTIAL ARTS & FITNESS CENTER

222 EAST 29TH STREET-LOVELAND, CO 80538 (970) 635- 9222 www.transloveland.com

MONDAY (SEPARATE ADULTS/JUNIORS)	TUESDAY (SEPARATE ADULTS/JUNIORS)	WEDNESDAY (SEPARATE ADULTS/JUNIORS)	THURSDAY (SEPARATE ADULTS/JUNIORS)	FRIDAY	SATURDAY (ALL AGES)
	THAI KICKBOXING 12:00-1:00PM	LITTLE TIGERS/ YOUNG SAMURAI 3:30-4:00 (LD 3:20-3:30)	THAI KICKBOXING 12:00-1:00PM		THAI KICKBOXING 8:00-9:00AM
JUNIORS BEGINNERS 4:00-4:45 PM (MC 4:45-5:00 PM)	JUNIORS INTERMEDIATE & ADVANCED 4:00-4:45 PM (MC 4:45-5:00 PM)	JUNIORS BEGINNERS 4:00-4:45 PM (MC 4:45-5:00 PM)	JUNIORS INTERMEDIATE & ADVANCED 4:00-4:45 PM (MC 4:45-5:00 PM)		LITTLE TIGERS/ YOUNG SAMURAI ORANGE-PURPLE 9:00-9:30AM (LD 9:30-9:40AM)
JUNIORS INTERMEDIATE & ADVANCED 5:00-5:45 PM (MC 4:45-5:00 PM)	LITTLE TIGERS/ YOUNG SAMURAI ORANGE-PURPLE 5:00-5:30 PM (LD 4:50-5:00PM)	JUNIORS INTERMEDIATE & ADVANCED 5:00-5:45 PM (MC 4:45-5:00 PM)	LITTLE TIGERS/ YOUNG SAMURAI ORANGE-PURPLE 5:00-5:30 PM (LD 4:50-5:00PM)		ALL AGES BEGINNER 9:30-10:15AM (MC 10:15-10:30AM)
THAI KICKBOXING 5:45-6:45 PM	JUNIORS BEGINNERS 5:30-6:15PM (MC 6:15-6:30 PM)	THAI KICKBOXING 5:45-6:45 PM	JUNIORS BEGINNERS 5:30-6:15PM (MC 6:15-6:30 PM)		ALL AGES INTERMEDIATE & ADVANCED 10:30-11:15AM (MC 11:15-11:30AM)
MUAY THAI ELITES 6:45-7:30 PM	ADULTS BEGINNERS-ADVANCED 6:30-7:15 PM (MC 7:15-7:30 PM)	MUAY THAI ELITES 6:45-7:30 PM	ADULTS BEGINNERS-ADVANCED 6:30-7:15 PM (MC 7:15-7:30 PM)		
ADULTS BEGINNERS-ADVANCED 7:30-8:15 PM (MC 8:15-8:30 PM)	ALL AGES BLACK BELTS 7:30-8:15 (MC 8:15-8:30)	ADULTS ADVANCED 6:45-7:30 PM (MC 7:30-7:45 PM)			
		ADULTS BEGINNERS – INTERMEDIATE 7:30-8:15 PM (MC 8:15-8:30 PM)			
					Effective: 2/1/2012

Beginners:

White, Yellow & High Yellow

Intermediate:

Green & High Green

Advanced:

Blue, High Blue, Red, High Red & Black

Note: Basic Program class is 45 min.

Masters Club Class is 1 hour long.

- * Please arrive 10 – 15 minutes prior to class time
- * Pull out your ID card
- * Remain in proper warm-up area
- * Never disturb class in session
- * Quietly stretch and prepare for class
- * All jewelry should be taken off before class

- * Clean uniform and hygiene habits are a must
- * All guest must check in at front desk and should remain in seating area
- * All shoes should be placed in shoe rack
- * Children must remain in designated area
- * All valuables should be left in your car