

Poway Samurai Martial Arts Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning						
6:00 AM	Fighting Fit Boot Camp		Fighting Fit Boot Camp		Fighting Fit Boot Camp	
8:15 AM	Fighting Fit Boot Camp		Fighting Fit Boot Camp		Fighting Fit Boot Camp	
9:00 AM						Qi Gong
10:00 AM						Kids Class (ages 6 - 16)
Afternoon						
4:00 PM	Intro lessons by appointment	Little Ninjas (ages 3 - 5)	Intro lessons by appointment	Intro lessons by appointment	Intro lessons by appointment	
5:00 PM	Little Ninjas (ages 3 - 5)	Kids Class (ages 6 - 16)	Kids Class (ages 6 - 16)	Kids Class (ages 6 - 16)	Intro lessons by appointment	
6:00 PM	Kobudo - Adult Taijutsu (Beginner)	Intro lessons by appointment	Sword - Adults	Jidai Knights™ - Kids Sword (ages 6 - 16)	Intro lessons by appointment	
7:00 PM	Sword - Adults	Sword - Adults	Kobudo - Adult Taijutsu (Beginner)	Kobudo - Adult Taijutsu (Beginner)		
8:00 PM	Keiko - Adult (Intermediate)	Kobudo - Adult Taijutsu (Beginner)	Keiko - Adult (Intermediate)	Sword - Adults		
9:30 PM						

Call #858-486-0059 to schedule a free introductory lesson,
or go online to www.TheSamuraiSchool.com and fill out our online form.

Follow us on Facebook: facebook.com/PowayMartialArtsSchool and Twitter: twitter.com/bushidoguy

Learn more about Fighting Fit Boot Camp! Visit poway.fightingfittraining.com