

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:45 PM Sidekicks	4:15 PM Sidekicks	3:45 PM Sidekicks	4:15 PM Sidekicks	3:45 PM Sidekicks	10:00 AM Little Hero
4:00 PM Little Hero	4:30 PM Little Hero	4:00 PM Little Hero	4:30 PM Little Hero	4:00 PM Little Hero	10:30 AM Basic
4:30 PM Basic	5:00 PM Black Belt Club	4:30 PM Basic	5:00 PM Black Belt Club	4:30 PM Basic	11:15 AM Black Belt Club
5:15 PM Black Belt Club	5:45 PM Kickboxing	5:15 PM Black Belt Club	5:45 PM Kickboxing	5:15 PM Master Club	12:00 PM Master Club
6:00 PM Master Club	6:30 PM Elite	6:00 PM Master Club	6:30 PM Basic	6:00 PM Elite	12:45 PM Black Belt Club Adult
6:45 PM Elite	7:15 PM Black Belt Club Adult	6:45 PM Elite	7:15 PM Black Belt Club Adult		1:30 PM Elite
7:30 PM Black Belt Club Adult		7:30 PM Black Belt Club Adult			

Effective: 11/28/11

Fridays and Saturdays are "Wear Your Southlake T-Shirt Day"!



3522 N. Calumet Ave
Valparaiso, IN 46383
(219) 462-3966
www.southlakefitness.com
www.youtube.com/southlakemartialarts