

Arts of the Samurai

(865) 691-4088
www.wayofthependoor.com

March 2010

Sunday Feb 28	Monday - Mar 1	Tuesday - Mar 2	Wednesday - Mar 3	Thursday - Mar 4	Friday	Saturday - Mar 6
	Practical Self Defense 5:00-6:00 Kendo All Belts 6:00-7:00 Isshinryu Class with Sensei Mark 7:00-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Kickboxing 5:30-6:30 Adult Karate 6:30-7:30 Judo 7:30-9:30	Practical Self Defense 5:00-6:00 Adult Karate 6:30-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Adult: Weapons 6:00-6:30 Karate 6:30-7:30 Judo 7:30-9:30		Kickboxing 8 - 9:00 <div style="background-color: #cccccc; padding: 5px; text-align: center;"> Saturday March 6 Women's EZ Defense No Classes Before 1:30pm </div> Grappling -1:30-2:30 Kids & Family 2:30-3:30 Isshinryu Class with Sensei Mark - 1:30-4
	Sunday Mar 7	Monday - Mar 8	Tuesday - Mar 9	Wednesday - Mar 10	Thursday - Mar 11	Friday
	Practical Self Defense 5:00-6:00 Kendo All Belts 6:00-7:00 Isshinryu Class with Sensei Mark 7:00-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Kickboxing 5:30-6:30 Adult Karate 6:30-7:30 Judo 7:30-9:30	Practical Self Defense 5:00-6:00 Adult Karate 6:30-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Adult: Weapons 6:00-6:30 Karate 6:30-7:30 Judo 7:30-9:30		Kickboxing: 8 - 9:00 Adult Agedo All Belts 9:-10:30 Kendo All Belts 10:30-11:30 Tai Chi - 11:30-12:30 Lunch Break - 12:30 -1:30 Grappling -1:30 - 2:30 Kids & Family 2:30 - 3:30 Isshinryu Class with Sensei Mark - 1:30-4 Open Workout Time 11:30-4:00
Sunday Mar 14	Monday - Mar 15	Tuesday - Mar 16	Wednesday - Mar 17	Thursday - Mar 18	Friday	Saturday - Mar 20
	Practical Self Defense 5:00-6:00 Kendo All Belts 6:00-7:00 Isshinryu Class with Sensei Mark 7:00-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Kickboxing 5:30-6:30 Adult Karate 6:30-7:30 Judo 7:30-9:30	Practical Self Defense 5:00-6:00 Adult Karate 6:30-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Dojo Tea - 6:30 pm		Kickboxing: 8 - 9:00 Adult Agedo All Belts 9:-10:30 Kendo All Belts 10:30-11:30 Tai Chi - 11:30-12:30 Lunch Break - 12:30 -1:30 Grappling -1:30 - 2:30 Kids & Family 2:30 - 3:30 Isshinryu Class with Sensei Mark - 1:30-4 Open Workout Time 11:30-4:00
Sunday Mar 21	Monday - Mar 22	Tuesday - Mar 23	Wednesday - Mar 24	Thursday - Mar 25	Friday	Saturday - Mar 27
	Practical Self Defense 5:00-6:00 Kendo All Belts 6:00-7:00 Isshinryu Class with Sensei Mark 7:00-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Kickboxing 5:30-6:30 Adult Karate 6:30-7:30 Judo 7:30-9:30	Practical Self Defense 5:00-6:00 Adult Karate 6:30-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Adult: Weapons 6:00-6:30 Karate 6:30-7:30 Judo 7:30-9:30		Kickboxing: 8 - 9:00 Adult Agedo All Belts 9:-10:30 Kendo All Belts 10:30-11:30 Tai Chi - 11:30-12:30 Lunch Break - 12:30 -1:30 Grappling -1:30 - 2:30 Kids & Family 2:30 - 3:30 Isshinryu Class with Sensei Mark - 1:30-4 Open Workout Time 11:30-4:00
Sunday Mar 28	Monday - Mar 29	Tuesday - Mar 30	Wednesday - Mar 31	Thursday - Apr 1	Friday	Saturday - Apr 3
Special Note <div style="background-color: #cccccc; padding: 5px; text-align: center;"> TESTING March 29 through April 3 </div>	Practical Self Defense 5:00-6:00 Kendo All Belts 6:00-7:00 Isshinryu Class with Sensei Mark 7:00-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Kickboxing 5:30-6:30 Adult Karate 6:30-7:30 Judo 7:30-9:30	Practical Self Defense 5:00-6:00 Adult Karate 6:30-8:00	Tai Chi 9-10 Kendo 10-11 Karate 2-3 Kids Class: Agedo Ages 3-6 3:30-4:30 Ages 7-11 4:30-5:30 Adult: Weapons 6:00-6:30 Karate 6:30-7:30 Judo 7:30-9:30		Kickboxing: 8 - 9:00 Adult Agedo All Belts 9:-10:30 Kendo All Belts 10:30-11:30 Tai Chi - 11:30-12:30 Lunch Break - 12:30 -1:30 Grappling -1:30 - 2:30 Kids & Family 2:30 - 3:30 Isshinryu Class with Sensei Mark - 1:30-4 Open Workout Time 11:30-4:00