

K I Fighting Concepts

Adult Martial Arts & Kickboxing

Effective October 1, 2016 (Schedule subject to change)

4 Kittitas St. Ste. 101, Wenatchee, WA Ph.: 509.662.7983

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:00 – 9:00 AM Adult White Belts
					8:00 – 9:00 AM Kickboxing “Conditioning”
6:00 – 6:45 PM Kickboxing “Technical” Beginners	7:30 – 8:30 PM Adult White Belts	6:00 – 6:45 PM Kickboxing “Technical” Beginners	7:30 – 8:30 PM Adult White Belts		10:00 -10:45 AM 12 yr. old up to Adult Intro Class
6:45 – 7:45 PM Kickboxing “Conditioning” Intermediate & Advanced		6:45 – 7:45 PM Kickboxing “Conditioning” Intermediate & Advanced			10:00 – 11:00 AM Adult/Youth Colored Belts
7:15 – 8:15 PM Adult Colored Belts		7:15 – 8:15 PM Adult Colored Belts			11:00 – 11:30 AM **Bonus Class** All Colored Youth/Adult Belts (Class topic will change monthly)