



# Asian Sun Martial Arts of Hudson

5837 Darrow Rd. | Hudson Orchard Plaza (330) 650-6333

www.asiansun.net

Class Schedule Effective 6-1-2019

## Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tiger Tots Only 11:00am-11:30am	Children's and Family Class 11:00am-11:45am BBC 11:45-12:00pm	Tiger Tots Only 11:00am-11:30am	Children's and Family Class 11:00am-11:45am BBC 11:45-12:00pm		Krav Maga 9:15am-10:00am	Tiger Tots Only 12:00pm-12:30pm
Adult, Children's and Family Class 11:30am-12:15pm	Tiger Tots Only 12:00pm-12:30pm	Adult, Children's and Family Class 11:30am-12:15pm	Tiger Tots Only 12:00pm-12:30pm		Tiger Tots Only 10:00am-10:30am	Children's and Family Class 12:30pm-1:15pm BBC 1:15-1:30 pm
Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 4:30pm-5:00pm	Tiger Tots Only 10:30am-11:00am	<b>PADDED WEAPONS and BOARD BREAKING TEAM</b> 1:30pm-3:00pm <i>TEAM Uniform</i> With the goal of going to AAU Junior Olympics in N. Carolina July 29-31 Also Competing at-Rubber City, Interschools, and Disney
Children's Only Class 5:00pm-5:45pm BBC 5:45-6:00pm	Children's and Family Class 5:00pm-5:45pm	Children's Only Class 5:00pm-5:45pm BBC 5:45-6:00pm	Children's and Family Class 5:00pm-5:45pm	Children's and Family Class 5:00pm-5:45pm	Children's and Family Class 11:00am-11:45am BBC 11:45-12:00 pm	
Children's and Family Class 5:45pm-6:30pm	Children's and Family Class 5:45pm-6:30pm	Children's and Family Class 5:45pm-6:30pm	Children's and Family Class 5:45pm-6:30pm	Children's and Family Class 5:45pm-6:30pm BBC 6:30-6:45pm	Cho Dan Bo and 1st and 2nd Dan Requirements 11:45am-12:30pm	
		<b>PADDED WEAPONS BOARD BREAKING TEAM</b> 5:45pm-6:30pm			Children's and Family Class 12:00pm-12:45pm BBC 12:45-1:00 pm	<b>AAU Junior Olympics Events</b> The Following Breaks: Repetitive Spin Hook Repetitive Side Kick Power Hand Power Foot Flying/Jumping Speed and Open Breaking Padded Weapons Forms Weapons Forms Team Musical Forms/Weapons Creative and Musical Events Are Private Lesson Only
Tiger Tots Only 6:00pm-6:30pm	Tiger Tots Only 6:00pm-6:30pm	Tiger Tots Only 6:00pm-6:30pm	Tiger Tots Only 6:00pm-6:30pm	<b>FORMS TEAM</b> 6:30pm-8:00pm <i>TEAM Uniform</i> If You LOVE FORMS!	<b>FORMS TEAM</b> 12:30pm-2:00pm <i>TEAM Uniform</i> If You LOVE FORMS!	
Children's and Family Class 6:30pm-7:15pm	Children's and Family Class 6:30pm-7:15pm BBC 7:15-7:30pm	Children's and Family Class 6:30pm-7:15pm	Children's and Family Class 6:30pm-7:15pm BBC 7:15-7:30pm	<b>NATIONALS FORMS TEAM</b> 6:30pm-8:30pm <i>TEAM Uniform</i>	<b>NATIONALS FORMS TEAM</b> 12:30pm-3:00pm <i>TEAM Uniform</i>	
<b>NATIONALS FORMS &amp; SPARRING TEAM</b> 6:30-8:00pm <i>TEAM Uniform</i>	Krav Maga Self Defense 6:30pm-7:15pm	<b>NATIONALS FORMS &amp; SPARRING TEAM</b> 6:30pm-8:00pm <i>TEAM Uniform</i>	Krav Maga Self Defense 6:30pm-7:15pm	<b>SPARRING TEAM</b> 6:30pm-8:00pm <i>TEAM Uniform</i> Improve fighting skills!	<b>SPARRING TEAM</b> 12:30pm-2:00pm <i>TEAM Uniform</i> Improve fighting skills!	
Cho Dan Bo and 1st and 2nd Dan Requirements 7:15pm-8:00pm	Adult and Family Class 7:15pm-8:00pm	Cho Dan Bo and 1st and 2nd Dan Requirements 7:15pm-8:00pm	Adult and Family Class 7:15pm-8:00pm	<b>NATIONALS SPARRING TEAM</b> 6:30pm-8:30pm <i>TEAM Uniform</i>	<b>NATIONALS SPARRING TEAM</b> 12:30pm-3:00pm <i>TEAM Uniform</i>	
3rd Dan and Up Requirements 8:00pm-8:30pm	Krav Fight 7:30pm-8:15pm (Fight Membership)	3rd Dan and Up Requirements 8:00pm-8:30pm	Krav Fight 7:30pm-8:15pm (Fight Membership)			<b>Black Belt Club</b> Additional training time is provided in BBC for students participating in Black Belt Club Classes.

## Kickboxing and TRX Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	TRX Suspension Training 6:30pm-7:00pm		TRX Suspension Training 6:30pm-7:00pm		TRX Suspension Training 9:30am-10:00am	
	Cardio-Fit Kickboxing 7:15pm-8:00pm		Cardio-Fit Kickboxing 7:15pm-8:00pm		Cardio-Fit Kickboxing 10:05am-10:50am	

**New! Forms Team - Sparring Team - Padded Weapons / Board Breaking Team**