



# Asian Sun Martial Arts of Hudson

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

www.asiansun.net

Class Schedule Effective 8-5-2019

## Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
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
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
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
					Children's and Family Class 12:00pm-12:45pm BBC 12:45-1:00 pm
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	FORMS TEAM 6:30pm-8:00pm TEAM Uniform If You LOVE FORMS!	FORMS TEAM 12:30pm-2:00pm TEAM Uniform 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	NATIONALS FORMS TEAM 6:30pm-8:30pm TEAM Uniform	NATIONALS FORMS TEAM 12:30pm-3:00pm TEAM Uniform
NATIONALS FORMS & SPARRING TEAM 6:30-8:00pm TEAM Uniform	Krav Maga Self Defense 6:30pm-7:15pm	NATIONALS FORMS & SPARRING TEAM 6:30pm-8:00pm TEAM Uniform	Krav Maga Self Defense 6:30pm-7:15pm	SPARRING TEAM 6:30pm-8:00pm TEAM Uniform Improve fighting skills!	SPARRING TEAM 12:30pm-2:00pm TEAM Uniform 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	NATIONALS SPARRING TEAM 6:30pm-8:30pm TEAM Uniform	NATIONALS SPARRING TEAM 12:30pm-3:00pm TEAM Uniform
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)		

## 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

Love Forms or Sparring? Ask Our Front Desk To Try Forms Team or Sparring Team