



Asian Sun Martial Arts of Montrose

3900 Medina Rd. (Jared's Plaza) (330) 666-2200

Class Schedule Effective 1-1-2020

All coming events are at www.Asiansun.net

Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio-Fit Kickboxing 7:15-8:00pm		Cardio-Fit Kickboxing 7:15-8:00pm		Cardio-Fit Kickboxing 9:45-10:30am

Tiger Tots

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Tiger Tots Only 5:15-5:45pm	Tiger Tots Only 4:30-5:00pm	Tiger Tots Only 5:15-5:45pm	Tiger Tots Only 4:30-5:00pm	Tiger Tots Only 5:15-5:45pm	Tiger Tots Only 10:30-11:00am

Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Children's Only Class 4:30-5:15pm <i>All Ranks Welcome</i>	Children's Only Class 5:00-5:45pm <i>All Ranks Welcome</i>	Children's Only Class 4:30-5:15pm <i>All Ranks Welcome</i>	Children's Only Class 5:00-5:45pm <i>All Ranks Welcome</i>		Children's and Family Class 11:00-11:45am <i>All Ranks Welcome</i>
Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Children's and Family Class 5:45-6:30pm <i>All Ranks Welcome</i>	Black Belt Club And Master's Club 11:45am-12:30pm
Children's and Family Class 6:30-7:15pm <i>All Ranks Welcome</i>	Children's and Family Class 6:30-7:15pm <i>All Ranks Welcome</i>	Children's and Family Class 6:30-7:15pm <i>All Ranks Welcome</i>	Children's and Family Class 6:30-7:15pm <i>All Ranks Welcome</i>	TEAM 6:30-7:30pm <i>TEAM Uniform</i>	Black Belt And Cho Dan Bo 11:45-12:30pm
Adult's Class 7:15-8:00pm <i>All Ranks Welcome</i>		Adult's Class 7:15-8:00pm <i>All Ranks Welcome</i>			TEAM 12:30-1:30pm <i>TEAM Uniform</i>



Call Today to Schedule Your First Class! (330) 666-2200