



LIVE Online Classes—Zoom and Facebook Live

Zoom Meeting ID and Password Posted in the Facebook Private Group at
<https://www.facebook.com/groups/asiansunlive>

Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Cardio-Fit Kickboxing 7:50-8:30pm		Cardio-Fit Kickboxing 7:50-8:30pm		Cardio-Fit Kickboxing 10:00-10:40am

Tiger Tots

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tiger Tots Only 4:00-4:30pm		Tiger Tots Only 4:00-4:30pm		
Tiger Tots Only 6:00-6:30pm		Tiger Tots Only 6:00-6:30pm			

Martial Arts Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Beginner/ Intermediate 6:50-7:30pm White Through Purple-Tip	1st Dan Black Belts Only 5:50-6:30pm	Beginner/ Intermediate 6:50-7:30pm White Through Purple-Tip	1st Dan Black Belts Only 5:50-6:30pm	Black Belts Only 5:30-6:10pm	1st Dan Black Belts Only 11:00-11:40am
Level 3 TEAM 7:50-8:30pm	Advanced 6:50-7:30pm All Brown, All Red and All Cho Dan Bo	Level 3 TEAM 7:50-8:30pm	Advanced 6:50-7:30pm All Brown, All Red and All Cho Dan Bo	Level 1 TEAM 6:30-7:10pm	2nd Dan Black Belts Only 11:50-12:30pm
				Level 3 TEAM 6:30-7:50pm	3rd Dan Black Belts Only 12:50-1:30pm
					Level 1 TEAM 1:50-2:30pm
					Level 3 TEAM 1:50-3:00pm