

February 2012



6-12 yrs old

NATIONAL FITNESS CENTER

3030 Tazewell Pike
Knoxville, TN 37918

865-687-6066
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			<p>1</p>	<p>2</p> <p>5:30-6 - Beginners Karate (White, Yellow & Orange) 6-6:45 - Intro Karate (Gold, Green, Blue) 6:45-7:45 - Advance Karate (Purple and above) 5:15-6 Tumble—Ms. Katie</p>	<p>3</p>	<p>4</p> <p>11-11:30—Pilates — Ms. Rae</p>
<p>5</p> <p>HAPPY SUPERBOWL</p>	<p>6</p> <p>5:30-6 - Hip Hop - Ms. Katie 6-6:30—Ball Sports - Ms. Jenn 6:30-7:15—TEAM</p>	<p>7</p> <p>5:30-6 - Beginners Karate (White, Yellow & Orange) 6-6:45 - Intro Karate (Gold, Green, Blue) 6:45-7:45 - Advance Karate (Purple and above) 5:30-6—Cheer—Ms. Katie 6-6:30 Kids Cardio—Ms. Rae 6:30-7:15 - TEAM</p>	<p>8</p> <p>5:30-6—Yoga/Pilates— Ms. Rae 6-6:30—Tough Guys- Ms. Rae 6-6:30—Net Sports—Ms. Jenn 6:30-7—Net Sports—Ms. Jenn 6:30-7:15—Jazz—Ms. Katie</p>	<p>9</p> <p>5:30-6 - Beginners Karate (White, Yellow & Orange) 6-6:45 - Intro Karate (Gold, Green, Blue) 6:45-7:45 - Advance Karate (Purple and above) 5:15-6 Tumble—Ms. Katie</p>	<p>PLEASE note there is a change in the Tumble class on Thursdays. It will now start at 5:15 and will be a 45 min class.</p>	<p>11</p> <p>11-11:30—Tough Guys Challenge Ms. Rae</p>
<p>12</p>	<p>13</p> <p>5:30-6 - Hip Hop - Ms. Katie 6-6:30—Ball Sports - Ms. Jenn NO TEAM PRACTICE</p>	<p>14</p> <p>5:30-6 - Beginners Karate (White, Yellow & Orange) 6-6:45 - Intro Karate (Gold, Green, Blue) 6:45-7:45 - Advance Karate (Purple and above) 5:30-6—Cheer—Ms. Katie 6-6:30 Kids Cardio—Ms. Rae 6:30-7:15 - TEAM</p>	<p>15</p> <p>5:30-6—Yoga/Pilates— Ms. Rae 6-6:30—Tough Guys- Ms. Rae 6-6:30—Net Sports—Ms. Jenn 6:30-7—Net Sports—Ms. Jenn 6:30-7:15—Jazz—Ms. Katie</p>	<p>16</p> <p>5:30-6 - Beginners Karate (White, Yellow & Orange) 6-6:45 - Intro Karate (Gold, Green, Blue) 6:45-7:45 - Advance Karate (Purple and above) 5:15-6 Tumble—Ms. Katie</p>	<p>17 Parents Night Out 5pm-9pm Games Galore</p>	<p>18</p> <p>11-11:30—Pilates — Ms. Rae</p>
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