

American Fork Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
4:00 PM		Tiny Tigers (4:00 - 4:15 organized warm up activities)		Tiny Tigers (4:00 - 4:15 organized warm up activities)	
		Kids Application		Semi-Private Lessons*	
5:00 PM		All Kids (A Day) (Gold - Brown)	All Kids (A Day) (Gold - Brown)	All Kids (B Day) (Gold - Brown)	All Kids (B Day) (Gold - Brown)
6:00 PM		All Adults (Gold - Brown)	Application Class All Ages: Green and up	All Adults (Gold - Brown)	Belt Eval & Advancement (Last Fri of Month in Mar, Jun, Sep & Dec)
		Black Belt Prep Break out		Black Belt Prep Break out	
		White Belts		White Belts	
7:00 PM	Family Night	Black Belts		Black Belts	
8:00p		Women's Kickboxing		Women's Kickboxing	

Saturday	
9:00 AM	Team Xtreme
11:00 AM	Specialty Classes / Seminars

*Semi-Private Lessons

Thursdays 4:00 & 4:30

Each 30 minute session is a semi private lesson with Sensei Tim costs only \$5/per student.

As of: October 14, 2014



BUSHI KAI
AMERICAN FORK