

LCK November Schedule 2022

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Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:00		Toddler Time Open Play Drop In Fee (2 hrs)			
11:00			Adult Martial Arts (45min)		Homeschool Family Martial Arts (45min)
4:30	Fuze Tumbling & Tricking (30min)	Fuze Fit (30 min)	Fuze Weapons (30 min)	Fuze Boxing/SD (30min)	Fuze Back Handspring Class (30min)
5:00	Fuze Karate (30min)	Fuze Extreme Forms (30 min)	Fuze MMA (30min)	Fuze Tricking (30min)	Fuze Weapons (30min)
5:30	Parkour Age 6+ (45min) ----- Youth & Teen Mixed Martial Arts and Grappling	Tumbling Age 6+ (45min)	Tumbling Age 4+ (45min) ----- Youth & Teen Mixed Martial Arts and Grappling	Parkour Age 6+ (45min)	Competition and Demo Team
6:15	L2+ Karate and Sparring (60min)	5 and Under Karate (45min) ----- Women's Self Defense (45min)	L2+ Karate and Sparring (60min)	Tumbling Age 6+ (45min)	Wrestling ----- Sparring Seminar Series
6:45		L1 Karate and Sparring (45min)		L1 Karate and Sparring (45min)	.
7:00		Cardio Combat Boxing and Tactical Defense 14+ (30min)		Cardio Combat Boxing and Tactical Defense 14+ (30min)	

Fuze: Grades 5th-8th
L1 (White-Gold Belt)
Adult 16+

Pre-school (Age 3-5)
L2 (Orange-Purple Belt)
Family (Age 5+)

After School (Not Shown) Grades k-8th
L3 (Red-Black Belt)
Homeschool (Age 5 + unless parent assisted)

We follow the Bartow County Schools for weather related closings. Closed Saturdays for special events and birthday parties.
Join our FB Group to stay up to date @StudentsFriendsandFamilyofLCK.