

KENSHUSEI MARTIAL ARTS **ZEN WARRIOR**

TRAINING SCHEDULE

	MON	TUE	WED	THU	FRI	SAT	SUN
11-12						TAI CHI CHUAN	TAI CHI CHUAN
12-1	ADULT KEMPO	TAI CHI CHUAN	ADULT KEMPO	TAI CHI CHUAN	ADULT KEMPO	JUNIOR KARATE	JUNIOR KARATE
1-2						ADULT KEMPO	ADULT KEMPO
2-3						ADVANCED KEMPO	ADVANCED KEMPO
4:30-5:30	JUNIOR KARATE	JUNIOR KARATE	JUNIOR KARATE	JUNIOR KARATE	JUNIOR KARATE		
5:30-6:30	ADULT KEMPO	ADULT KEMPO	ADULT KEMPO	ADULT KEMPO	ADULT KEMPO		
6:30-7:30	JUNIOR KARATE	JUNIOR KARATE	JUNIOR KARATE	JUNIOR KARATE	JUNIOR KARATE		
7:30-8:30	ADULT KEMPO	ADULT KEMPO	ADULT KEMPO	ADULT KEMPO	ADULT KEMPO		
8:30-9:30	ADVANCED KEMPO	ADVANCED KEMPO	ADVANCED KEMPO	ADVANCED KEMPO	ADVANCED KEMPO		

KEMPO KARATE – SHAOLIN KUNG FU – AIKI JU-JITSU – TAI CHI CHUAN – ZEN MEDITATION

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